

Meal Plan - Meal plan with over 40g 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

988 cals ● 67g protein (27%) ● 52g fat (47%) ● 50g carbs (20%) ● 14g fiber (6%)

Breakfast

200 cals, 8g protein, 27g net carbs, 6g fat



Boiled eggs

1 egg(s)- 69 cals



Fruit juice

3/4 cup(s)- 86 cals



Kiwi

1 kiwi- 47 cals

Dinner

455 cals, 41g protein, 8g net carbs, 24g fat



Avocado tuna salad stuffed pepper

2 half pepper(s)- 456 cals

Lunch

330 cals, 18g protein, 14g net carbs, 22g fat



Grilled cheese sandwich

1/2 sandwich(es)- 248 cals



String cheese

1 stick(s)- 83 cals

Day 2

952 cals ● 70g protein (29%) ● 44g fat (42%) ● 53g carbs (22%) ● 16g fiber (7%)

Breakfast

200 cals, 8g protein, 27g net carbs, 6g fat



Boiled eggs

1 egg(s)- 69 cals



Fruit juice

3/4 cup(s)- 86 cals



Kiwi

1 kiwi- 47 cals

Dinner

455 cals, 41g protein, 8g net carbs, 24g fat



Avocado tuna salad stuffed pepper

2 half pepper(s)- 456 cals

Lunch

295 cals, 21g protein, 17g net carbs, 15g fat



Simple mixed greens salad

68 cals



Roast beef & pickle sandwich

1/2 sandwich(es)- 227 cals

Day 3

969 cals ● 60g protein (25%) ● 20g fat (19%) ● 117g carbs (48%) ● 19g fiber (8%)

Breakfast

170 cals, 5g protein, 13g net carbs, 9g fat



Avocado toast
1 slice(s)- 168 cals

Lunch

400 cals, 26g protein, 46g net carbs, 8g fat



Clementine
1 clementine(s)- 39 cals



Avocado tuna salad sandwich
1/2 sandwich(es)- 185 cals



Lentils
174 cals

Dinner

405 cals, 29g protein, 59g net carbs, 4g fat



Fruit juice
1 1/4 cup(s)- 143 cals



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

Day 4

982 cals ● 76g protein (31%) ● 27g fat (25%) ● 93g carbs (38%) ● 16g fiber (7%)

Breakfast

170 cals, 5g protein, 13g net carbs, 9g fat



Avocado toast
1 slice(s)- 168 cals

Lunch

410 cals, 42g protein, 21g net carbs, 15g fat



Kiwi
2 kiwi- 94 cals



Celery sticks
2 celery stalk- 13 cals



Basic chicken & spinach salad
304 cals

Dinner

405 cals, 29g protein, 59g net carbs, 4g fat



Fruit juice
1 1/4 cup(s)- 143 cals



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

Day 5

1037 cals ● 43g protein (17%) ● 48g fat (42%) ● 89g carbs (34%) ● 20g fiber (8%)

Breakfast

170 cals, 5g protein, 13g net carbs, 9g fat



Avocado toast
1 slice(s)- 168 cals

Lunch

435 cals, 17g protein, 29g net carbs, 26g fat



Italian sausage
1 link- 257 cals



Sweet potato fries
177 cals

Dinner

435 cals, 21g protein, 47g net carbs, 14g fat



Milk
1/2 cup(s)- 75 cals



Lentil Soup
361 cals

Day 6

978 cals ● 51g protein (21%) ● 49g fat (45%) ● 70g carbs (29%) ● 12g fiber (5%)

Breakfast

195 cals, 12g protein, 15g net carbs, 7g fat



High protein scrambled eggs
99 cals



Carrot sticks
3 1/2 carrot(s)- 95 cals

Lunch

435 cals, 17g protein, 29g net carbs, 26g fat



Italian sausage
1 link- 257 cals



Sweet potato fries
177 cals

Dinner

350 cals, 23g protein, 25g net carbs, 17g fat



Simple mixed greens salad
68 cals



Chipotle honey pork chops
206 cals



Fruit juice
2/3 cup(s)- 76 cals

Day 7

979 cals ● 58g protein (24%) ● 47g fat (43%) ● 70g carbs (28%) ● 12g fiber (5%)

Breakfast

195 cals, 12g protein, 15g net carbs, 7g fat



High protein scrambled eggs
99 cals



Carrot sticks
3 1/2 carrot(s)- 95 cals

Dinner

350 cals, 23g protein, 25g net carbs, 17g fat



Simple mixed greens salad
68 cals



Chipotle honey pork chops
206 cals



Fruit juice
2/3 cup(s)- 76 cals

Lunch

435 cals, 23g protein, 29g net carbs, 23g fat



Rosemary mushroom cheese sandwich
1 sandwich(es)- 408 cals



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

Dairy and Egg Products

- ☐ eggs
4 large (200g)
- ☐ butter
1/2 tbsp (7g)
- ☐ sliced cheese
1 2/3 oz (47g)
- ☐ string cheese
1 stick (28g)
- ☐ whole milk
1/2 cup (120mL)
- ☐ ghee
1/2 tbsp (6g)
- ☐ low fat cottage cheese (1% milkfat)
4 tbsp (57g)
- ☐ cheese
1/2 cup, shredded (57g)

Fruits and Fruit Juices

- ☐ fruit juice
42 2/3 fl oz (1280mL)
- ☐ kiwi
4 fruit (276g)
- ☐ avocados
2 avocado(s) (377g)
- ☐ lime juice
3/4 tbsp (11mL)
- ☐ clementines
1 fruit (74g)

Baked Products

- ☐ bread
9 oz (256g)

Finfish and Shellfish Products

- ☐ canned tuna
2 1/4 can (387g)

Spices and Herbs

- ☐ salt
4 1/4 g (4g)
- ☐ black pepper
1/8 oz (1g)
- ☐ dijon mustard
1/2 tbsp (8g)
- ☐ garlic powder
1/3 tsp (1g)

Vegetables and Vegetable Products

- ☐ bell pepper
2 large (328g)
- ☐ onion
1/2 medium (2-1/2" dia) (58g)
- ☐ pickles
2 slices (14g)
- ☐ sweet potatoes
2 1/2 sweetpotato, 5" long (513g)
- ☐ raw celery
2 1/3 stalk, medium (7-1/2" - 8" long) (93g)
- ☐ fresh spinach
2 cup(s) (63g)
- ☐ carrots
7 1/3 medium (447g)
- ☐ garlic
1/3 clove(s) (1g)
- ☐ canned crushed tomatoes
1/6 can (68g)
- ☐ mushrooms
1 1/2 oz (43g)
- ☐ kale leaves
1/2 cup, chopped (20g)

Other

- ☐ mixed greens
5 cup (150g)
- ☐ Italian pork sausage, raw
2 link (215g)

Fats and Oils

- ☐ salad dressing
6 1/2 tbsp (98mL)
- ☐ oil
1 tbsp (14mL)
- ☐ olive oil
3/4 oz (20mL)

Sausages and Luncheon Meats

- ☐ roast beef cold cuts
2 oz (57g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
2 3/4 tbsp (48g)

Poultry Products

- ☐ paprika
1/3 tsp (1g)
- ☐ oregano, dried
1 1/2 dash, leaves (0g)
- ☐ basil, dried
1 1/2 dash, leaves (0g)
- ☐ chipotle seasoning
1/3 tsp (1g)
- ☐ rosemary, dried
2 dash (0g)

- ☐ boneless skinless chicken breast, raw
14 oz (394g)

Beverages

- ☐ water
2 1/2 cup (576mL)

Legumes and Legume Products

- ☐ lentils, raw
9 1/4 tbsp (112g)

Sweets

- ☐ honey
1/2 tbsp (9g)

Pork Products

- ☐ pork loin chops, boneless, raw
6 2/3 oz (189g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Fruit juice

3/4 cup(s) - 86 cals ● 1g protein ● 0g fat ● 19g carbs ● 0g fiber



For single meal:

fruit juice
6 fl oz (180mL)

For all 2 meals:

fruit juice
12 fl oz (360mL)

1. This recipe has no instructions.

Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

kiwi
1 fruit (69g)

For all 2 meals:

kiwi
2 fruit (138g)

1. Slice the kiwi and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread
1 slice (32g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 3 meals:

bread
3 slice (96g)
avocados, ripe, sliced
3/4 avocado(s) (151g)

1. Toast the bread.
 2. Top with ripe avocado and use a fork to smash.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

High protein scrambled eggs

99 cals ● 10g protein ● 6g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/4 tsp (1mL)
low fat cottage cheese (1% milkfat)
2 tbsp (28g)
eggs
1 large (50g)

For all 2 meals:

oil
1/2 tsp (3mL)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)
eggs
2 large (100g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

Carrot sticks

3 1/2 carrot(s) - 95 cals ● 2g protein ● 0g fat ● 14g carbs ● 6g fiber



For single meal:

carrots
3 1/2 medium (214g)

For all 2 meals:

carrots
7 medium (427g)

1. Cut carrots into strips and serve.

Lunch 1 [↗](#)

Eat on day 1

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.

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.

Lunch 2 [↗](#)

Eat on day 2

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens

1 1/2 cup (45g)

salad dressing

1 1/2 tbsp (23mL)

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

Roast beef & pickle sandwich

1/2 sandwich(es) - 227 cals ● 19g protein ● 10g fat ● 13g carbs ● 2g fiber



Makes 1/2 sandwich(es)

dijon mustard

1/2 tbsp (8g)

pickles

2 slices (14g)

sliced cheese

1 slice (2/3 oz ea) (19g)

roast beef cold cuts

2 oz (57g)

bread

1 slice(s) (32g)

1. Assemble sandwich by spreading mustard on one slice of bread and topping with remaining ingredients. Serve.

Lunch 3 [🔗](#)

Eat on day 3

Clementine

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



Makes 1 clementine(s)

clementines

1 fruit (74g)

1. This recipe has no instructions.

Avocado tuna salad sandwich

1/2 sandwich(es) - 185 cal ● 14g protein ● 7g fat ● 13g carbs ● 4g fiber



Makes 1/2 sandwich(es)

black pepper

1/4 dash (0g)

salt

1/4 dash (0g)

lime juice

1/4 tsp (1mL)

avocados

1/8 avocado(s) (25g)

canned tuna, drained

1/4 can (43g)

bread

1 slice (32g)

onion, minced

1/8 small (4g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Lentils

174 cal ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

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.

Lunch 4 [🔗](#)

Eat on day 4

Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber

Makes 2 kiwi

kiwi
2 fruit (138g)



1. Slice the kiwi and serve.

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber

Makes 2 celery stalk

raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)



1. Slice celery into sticks and serve.

Basic chicken & spinach salad

304 cals ● 40g protein ● 14g fat ● 4g carbs ● 1g fiber



salad dressing
1 1/2 tbsp (23mL)
oil
1 tsp (5mL)
boneless skinless chicken breast, raw, chopped, cooked
6 oz (170g)
fresh spinach
2 cup(s) (60g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

Lunch 5 [🔗](#)

Eat on day 5, day 6

Italian sausage

1 link - 257 cals ● 14g protein ● 21g fat ● 3g carbs ● 0g fiber



For single meal:

Italian pork sausage, raw
1 link (108g)

For all 2 meals:

Italian pork sausage, raw
2 link (215g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to 1/2" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.

Sweet potato fries

177 cals ● 3g protein ● 5g fat ● 26g carbs ● 5g fiber



For single meal:

sweet potatoes, peeled
1/3 lbs (151g)
olive oil
1 tsp (5mL)
garlic powder
1 1/3 dash (1g)
paprika
1 1/3 dash (0g)
salt
1 1/3 dash (1g)
black pepper
2/3 dash, ground (0g)

For all 2 meals:

sweet potatoes, peeled
2/3 lbs (303g)
olive oil
2 tsp (10mL)
garlic powder
1/3 tsp (1g)
paprika
1/3 tsp (1g)
salt
1/3 tsp (2g)
black pepper
1 1/3 dash, ground (0g)

1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out evenly on a baking sheet.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes.
5. Serve.

Lunch 6 [🔗](#)

Eat on day 7

Rosemary mushroom cheese sandwich

1 sandwich(es) - 408 cals ● 23g protein ● 21g fat ● 27g carbs ● 5g fiber



Makes 1 sandwich(es)

rosemary, dried
2 dash (0g)
mixed greens
1/2 cup (15g)
mushrooms
1 1/2 oz (43g)
cheese
1/2 cup, shredded (57g)
bread
2 slice(s) (64g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Simple kale salad

1/2 cup(s) - 28 cals ● 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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



For single meal:

canned tuna, drained

1 can (172g)

avocados

1/2 avocado(s) (101g)

lime juice

1 tsp (5mL)

salt

1 dash (0g)

black pepper

1 dash (0g)

bell pepper

1 large (164g)

onion

1/4 small (18g)

For all 2 meals:

canned tuna, drained

2 can (344g)

avocados

1 avocado(s) (201g)

lime juice

2 tsp (10mL)

salt

2 dash (1g)

black pepper

2 dash (0g)

bell pepper

2 large (328g)

onion

1/2 small (35g)

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.

Dinner 2 [↗](#)

Eat on day 3, day 4

Fruit juice

1 1/4 cup(s) - 143 cals ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber



For single meal:

fruit juice

10 fl oz (300mL)

For all 2 meals:

fruit juice

20 fl oz (600mL)

1. This recipe has no instructions.

Bbq chicken stuffed sweet potatoes

1/2 potato(es) - 260 cals ● 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.

Dinner 3 [↗](#)

Eat on day 5

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber

Makes 1/2 cup(s)

whole milk

1/2 cup (120mL)



1. This recipe has no instructions.

Lentil Soup

361 cals ● 18g protein ● 10g fat ● 41g carbs ● 9g fiber



onion, chopped

1/6 medium (2-1/2" dia) (18g)

carrots, diced

1/3 medium (20g)

raw celery, chopped

1/3 stalk, medium (7-1/2" - 8" long) (13g)

garlic, minced

1/3 clove(s) (1g)

oregano, dried

1 1/3 dash, leaves (0g)

canned crushed tomatoes

1/6 can (68g)

lentils, raw

1/3 cup (64g)

water

1 1/3 cup(s) (316mL)

fresh spinach, thinly sliced

1/8 cup(s) (3g)

salt

1 1/3 dash (1g)

black pepper

2/3 dash, ground (0g)

olive oil

2 tsp (10mL)

basil, dried

1 1/3 dash, leaves (0g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Simple mixed greens salad

68 cal ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens

1 1/2 cup (45g)

salad dressing

1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens

3 cup (90g)

salad dressing

3 tbsp (45mL)

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

Chipotle honey pork chops

206 cal ● 20g protein ● 12g fat ● 4g carbs ● 0g fiber



For single meal:

ghee

1/4 tbsp (3g)

water

1 tsp (5mL)

oil

1/4 tbsp (3mL)

chipotle seasoning

1 1/3 dash (0g)

honey

1/4 tbsp (5g)

pork loin chops, boneless, raw

1/4 lbs (94g)

For all 2 meals:

ghee

1/2 tbsp (6g)

water

2 tsp (10mL)

oil

1/2 tbsp (7mL)

chipotle seasoning

1/3 tsp (1g)

honey

1/2 tbsp (9g)

pork loin chops, boneless, raw

6 2/3 oz (189g)

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.

Fruit juice

2/3 cup(s) - 76 cal ● 1g protein ● 0g fat ● 17g carbs ● 0g fiber



For single meal:

fruit juice

5 1/3 fl oz (160mL)

For all 2 meals:

fruit juice

10 2/3 fl oz (320mL)

1. This recipe has no instructions.
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