Meal Plan - Meal plan with over 50g 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

945 cals 57g protein (24%) 65g fat (62%) 21g carbs (9%) 12g fiber (5%)

Breakfast

245 cals, 8g protein, 2g net carbs, 20g fat

Boiled eggs
1 egg(s)- 69 cals

Avocado
176 cals

Lunch

355 cals, 22g protein, 13g net carbs, 23g fat

Chicken thighs and mushrooms
3 oz- 295 cals

Brown rice
1/4 cup brown rice, cooked- 57 cals

Dinner

350 cals, 27g protein, 6g net carbs, 22g fat

Ranch chicken
4 oz- 230 cals

Tomato and avocado salad
117 cals

Day 2

1028 cals 53g protein (20%) 72g fat (63%) 26g carbs (10%) 16g fiber (6%)

Breakfast

245 cals, 8g protein, 2g net carbs, 20g fat

Boiled eggs
1 egg(s)- 69 cals

Avocado
176 cals

Lunch

435 cals, 17g protein, 18g net carbs, 30g fat

Pistachios
188 cals

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

Dinner

350 cals, 27g protein, 6g net carbs, 22g fat

Ranch chicken
4 oz- 230 cals

Tomato and avocado salad
117 cals

Day 3

979 cals 61g protein (25%) 58g fat (53%) 42g carbs (17%) 10g fiber (4%)

Breakfast

245 cals, 11g protein, 20g net carbs, 12g fat

Clementine
1 clementine(s)- 39 cals

High-protein granola bar
1 bar(s)- 204 cals

Lunch

435 cals, 17g protein, 18g net carbs, 30g fat

Pistachios
188 cals

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

Dinner

300 cals, 33g protein, 5g net carbs, 16g fat

Caprese salad
142 cals

Basic chicken breast
4 oz- 159 cals

Day 4

1071 cals 63g protein (23%) 58g fat (49%) 63g carbs (23%) 12g fiber (4%)

Breakfast

245 cals, 11g protein, 20g net carbs, 12g fat

Clementine
1 clementine(s)- 39 cals

High-protein granola bar
1 bar(s)- 204 cals

Lunch

375 cals, 22g protein, 40g net carbs, 12g fat

Grilled peanut butter and banana sandwich
1/2 sandwich(es)- 243 cals

Cottage cheese & fruit cup
1 container- 131 cals

Dinner

455 cals, 30g protein, 4g net carbs, 34g fat

Tomato and avocado salad
117 cals

Buffalo chicken wings
8 oz- 338 cals

Day 5

1071 cals 63g protein (23%) 58g fat (49%) 63g carbs (23%) 12g fiber (4%)

Breakfast

245 cals, 11g protein, 20g net carbs, 12g fat

Clementine
1 clementine(s)- 39 cals

High-protein granola bar
1 bar(s)- 204 cals

Lunch

375 cals, 22g protein, 40g net carbs, 12g fat

Grilled peanut butter and banana sandwich
1/2 sandwich(es)- 243 cals

Cottage cheese & fruit cup
1 container- 131 cals

Dinner

455 cals, 30g protein, 4g net carbs, 34g fat

Tomato and avocado salad
117 cals

Buffalo chicken wings
8 oz- 338 cals

Day 6

993 cals 55g protein (22%) 26g fat (23%) 114g carbs (46%) 22g fiber (9%)

Breakfast

210 cals, 16g protein, 26g net carbs, 3g fat

Clementine
1 clementine(s)- 39 cals

Coffee overnight protein oats
169 cals

Lunch

460 cals, 19g protein, 50g net carbs, 14g fat

Turkey & hummus deli sandwich
1/2 sandwich(es)- 175 cals

Tomato and avocado salad
117 cals

Orange
2 orange(s)- 170 cals

Dinner

325 cals, 19g protein, 38g net carbs, 9g fat

Lowfat Greek yogurt
1 container(s)- 155 cals

Goat cheese and marinara stuffed zucchini
1 zucchini halve(s)- 96 cals

White rice
1/3 cup rice, cooked- 73 cals

Day 7

993 cals 55g protein (22%) 26g fat (23%) 114g carbs (46%) 22g fiber (9%)

Breakfast

210 cals, 16g protein, 26g net carbs, 3g fat

Clementine
1 clementine(s)- 39 cals

Coffee overnight protein oats
169 cals

Lunch

460 cals, 19g protein, 50g net carbs, 14g fat

Turkey & hummus deli sandwich
1/2 sandwich(es)- 175 cals

Tomato and avocado salad
117 cals

Orange
2 orange(s)- 170 cals

Dinner

325 cals, 19g protein, 38g net carbs, 9g fat

Lowfat Greek yogurt
1 container(s)- 155 cals

Goat cheese and marinara stuffed zucchini
1 zucchini halve(s)- 96 cals

White rice
1/3 cup rice, cooked- 73 cals

Grocery List

Fats and Oils

- [ ] ranch dressing
  2 tbsp (30mL)
- [ ] oil
  2/3 oz (20mL)
- [ ] olive oil
  1 1/4 tbsp (19mL)
- [ ] balsamic vinaigrette
  2 tsp (10mL)
- [ ] cooking spray
  1 spray(s) , about 1/3 second each (0g)

Poultry Products

- [ ] boneless skinless chicken breast, raw
  3/4 lbs (336g)
- [ ] chicken thighs, with bone and skin, raw
  1/2 thigh(s) (85g)
- [ ] chicken wings, with skin, raw
  1 lbs (454g)

Other

- [ ] ranch dressing mix
  1/4 packet (1 oz) (7g)
- [ ] mixed greens
  3/8 package (5.5 oz) (67g)
- [ ] cottage cheese & fruit cup
  2 container (340g)

Vegetables and Vegetable Products

- [ ] onion
  3 tbsp minced (45g)
- [ ] tomatoes
  2 1/3 medium whole (2-3/5" dia) (288g)
- [ ] mushrooms
  2 oz (57g)
- [ ] zucchini
  1 large (323g)

Fruits and Fruit Juices

- [ ] lime juice
  3 tbsp (45mL)
- [ ] avocados
  2 1/2 avocado(s) (503g)
- [ ] lemon juice
  1 tsp (5mL)
- [ ] clementines
  5 fruit (370g)

Beverages

- [ ] water
  3/4 cup(s) (175mL)
- [ ] protein powder
  1 scoop (1/3 cup ea) (31g)
- [ ] coffee, brewed
  3 tbsp (44g)

Dairy and Egg Products

- [ ] butter
  1 1/4 tbsp (18g)
- [ ] eggs
  2 large (100g)
- [ ] sliced cheese
  2 slice (1 oz ea) (56g)
- [ ] fresh mozzarella cheese
  1 oz (28g)
- [ ] whole milk
  1/4 cup(s) (60mL)
- [ ] lowfat flavored greek yogurt
  2 (5.3 oz ea) container(s) (300g)
- [ ] goat cheese
  1 oz (28g)

Cereal Grains and Pasta

- [ ] brown rice
  4 tsp (16g)
- [ ] long-grain white rice
  1/4 cup (41g)

Nut and Seed Products

- [ ] pistachios, shelled
  1/2 cup (62g)

Baked Products

- [ ] bread
  6 3/4 oz (192g)

Snacks

- [ ] high-protein granola bar
  3 bar (120g)

Legumes and Legume Products

- [ ] peanut butter
  2 tbsp (32g)

- [ ] banana
  1 medium (7" to 7-7/8" long) (118g)
- [ ] orange
  4 orange (616g)

Spices and Herbs

- [ ] garlic powder
  1/4 tbsp (2g)
- [ ] salt
  1/4 oz (7g)
- [ ] black pepper
  2 1/2 g (2g)
- [ ] fresh basil
  2 3/4 tbsp leaves, whole (4g)
- [ ] hummus
  2 tbsp (30g)

Soups, Sauces, and Gravies

- [ ] Frank's Red Hot sauce
  2 3/4 tbsp (41mL)
- [ ] pasta sauce
  1/4 cup(s) (65g)

Sweets

- [ ] maple syrup
  2 tsp (10mL)

Breakfast Cereals

- [ ] oatmeal, old-fashioned oats, rolled oats
  1/2 cup (41g)

Sausages and Luncheon Meats

- [ ] turkey cold cuts
  4 oz (113g)

Recipes

Breakfast 1

Eat on day 1 and 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.

Avocado

176 cals 2g protein 15g fat 2g carbs 7g fiber

For single meal:

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

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

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

Breakfast 2

Eat on day 3, day 4, and day 5

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. The recipe has no instructions.

High-protein granola bar

1 bar(s) - 204 cals 10g protein 12g fat 12g carbs 2g fiber

For single meal:

high-protein granola bar
1 bar (40g)

For all 3 meals:

high-protein granola bar
3 bar (120g)

1. The recipe has no instructions.

Breakfast 3

Eat on day 6 and 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 2 meals:

clementines
2 fruit (148g)

1. The recipe has no instructions.

Coffee overnight protein oats

169 cals 16g protein 3g fat 18g carbs 3g fiber

For single meal:

maple syrup
1 tsp (5mL)
whole milk
1/8 cup(s) (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)

For all 2 meals:

maple syrup
2 tsp (10mL)
whole milk
1/4 cup(s) (60mL)
protein powder
1 scoop (1/3 cup ea) (31g)
oatmeal, old-fashioned oats, rolled oats
1/2 cup (41g)
coffee, brewed
3 tbsp (44g)

1. In a small airtight container, mix together all of the ingredients.
2. Cover and place mixture to chill in the fridge overnight or for at least 4 hours. Serve.

Lunch 1

Eat on day 1

Chicken thighs and mushrooms

3 oz - 295 cals 21g protein 23g fat 1g carbs 1g fiber

Makes 3 oz

olive oil
1/2 tbsp (8mL)
salt
1/2 dash (0g)
water
1/8 cup(s) (30mL)
butter
1/4 tbsp (4g)
black pepper
1/2 dash (0g)
chicken thighs, with bone and skin, raw
1/2 thigh(s) (85g)
mushrooms, sliced 1/4 in thick
2 oz (57g)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet. Stir butter into mushroom mixture, stirring constantly until butter is completely melted and incorporated.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

Brown rice

1/4 cup brown rice, cooked - 57 cals 1g protein 0g fat 12g carbs 1g fiber

Makes 1/4 cup brown rice, cooked

salt
1/2 dash (0g)
water
1/6 cup(s) (39mL)
black pepper
1/2 dash, ground (0g)
brown rice
4 tsp (16g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Lunch 2

Eat on day 2 and day 3

Pistachios

188 cals 7g protein 14g fat 6g carbs 3g fiber

For single meal:

pistachios, shelled
4 tbsp (31g)

For all 2 meals:

pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Grilled cheese sandwich

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

For single meal:

bread
1 slice (32g)
butter
1/2 tbsp (7g)
sliced cheese
1 slice (1 oz ea) (28g)

For all 2 meals:

bread
2 slice (64g)
butter
1 tbsp (14g)
sliced cheese
2 slice (1 oz ea) (56g)

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.

Lunch 3

Eat on day 4 and day 5

Grilled peanut butter and banana sandwich

1/2 sandwich(es) - 243 cals 8g protein 10g fat 27g carbs 4g fiber

For single meal:

bread
1 slice (32g)
peanut butter
1 tbsp (16g)
cooking spray
1/2 spray(s) , about 1/3 second each (0g)
banana, sliced
1/2 medium (7" to 7-7/8" long) (59g)

For all 2 meals:

bread
2 slice (64g)
peanut butter
2 tbsp (32g)
cooking spray
1 spray(s) , about 1/3 second each (0g)
banana, sliced
1 medium (7" to 7-7/8" long) (118g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

Cottage cheese & fruit cup

1 container - 131 cals 14g protein 3g fat 13g carbs 0g fiber

For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Lunch 4

Eat on day 6 and day 7

Turkey & hummus deli sandwich

1/2 sandwich(es) - 175 cals 15g protein 5g fat 15g carbs 3g fiber

For single meal:

turkey cold cuts
2 oz (57g)
bread
1 slice(s) (32g)
hummus
1 tbsp (15g)
tomatoes
1 slice(s), thick/large (1/2" thick) (27g)
mixed greens
4 tbsp (8g)
oil
1/8 tsp (1mL)

For all 2 meals:

turkey cold cuts
4 oz (113g)
bread
2 slice(s) (64g)
hummus
2 tbsp (30g)
tomatoes
2 slice(s), thick/large (1/2" thick) (54g)
mixed greens
1/2 cup (15g)
oil
1/4 tsp (1mL)

1. Assemble sandwich by layering the turkey, tomatoes, and mixed greens on top of the bottom slice of bread. Dress the tomatoes and greens by drizzling oil on top and seasoning with some salt/pepper.
2. Spread the hummus on the top slice of bread, top the sandwich, and serve.

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

For all 2 meals:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)

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.

Orange

2 orange(s) - 170 cals 3g protein 0g fat 32g carbs 7g fiber

For single meal:

orange
2 orange (308g)

For all 2 meals:

orange
4 orange (616g)

1. The recipe has no instructions.

Dinner 1

Eat on day 1 and day 2

Ranch chicken

4 oz - 230 cals 25g protein 13g fat 3g carbs 0g fiber

For single meal:

ranch dressing
1 tbsp (15mL)
boneless skinless chicken breast, raw
4 oz (112g)
oil
1/4 tbsp (4mL)
ranch dressing mix
1/8 packet (1 oz) (4g)

For all 2 meals:

ranch dressing
2 tbsp (30mL)
boneless skinless chicken breast, raw
1/2 lbs (224g)
oil
1/2 tbsp (8mL)
ranch dressing mix
1/4 packet (1 oz) (7g)

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.

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

For all 2 meals:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)

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 2

Eat on day 3

Caprese salad

142 cals 8g protein 9g fat 5g carbs 2g fiber

fresh mozzarella cheese
1 oz (28g)
mixed greens
1/3 package (5.5 oz) (52g)
fresh basil
2 2/3 tbsp leaves, whole (4g)
balsamic vinaigrette
2 tsp (10mL)
tomatoes, halved
1/3 cup cherry tomatoes (50g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Basic chicken breast

4 oz - 159 cals 25g protein 6g fat 0g carbs 0g fiber

Makes 4 oz

boneless skinless chicken breast, raw
4 oz (112g)
oil
1/4 tbsp (4mL)

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.

Dinner 3

Eat on day 4 and day 5

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

For all 2 meals:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)

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.

Buffalo chicken wings

8 oz - 338 cals 29g protein 25g fat 0g carbs 0g fiber

For single meal:

oil
1/4 tbsp (4mL)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
chicken wings, with skin, raw
1/2 lbs (227g)
Frank's Red Hot sauce
4 tsp (20mL)

For all 2 meals:

oil
1/2 tbsp (8mL)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
chicken wings, with skin, raw
1 lbs (454g)
Frank's Red Hot sauce
2 2/3 tbsp (40mL)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper.
3. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
4. 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.
5. Take wings out of the oven when done and toss with the hot sauce to coat.
6. Serve.

Dinner 4

Eat on day 6 and day 7

Lowfat Greek yogurt

1 container(s) - 155 cals 12g protein 4g fat 16g carbs 2g fiber

For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.

Goat cheese and marinara stuffed zucchini

1 zucchini halve(s) - 96 cals 5g protein 5g fat 5g carbs 2g fiber

For single meal:

pasta sauce
1/8 cup(s) (33g)
goat cheese
1/2 oz (14g)
zucchini
1/2 large (162g)

For all 2 meals:

pasta sauce
1/4 cup(s) (65g)
goat cheese
1 oz (28g)
zucchini
1 large (323g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

White rice

1/3 cup rice, cooked - 73 cals 1g protein 0g fat 16g carbs 0g fiber

For single meal:

water
1/4 cup(s) (53mL)
long-grain white rice
1 3/4 tbsp (21g)

For all 2 meals:

water
1/2 cup(s) (105mL)
long-grain white rice
1/4 cup (41g)

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.