

# 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

974 cals ● 58g protein (24%) ● 65g fat (60%) ● 27g carbs (11%) ● 12g fiber (5%)

### Breakfast

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



[Avocado](#)  
176 cals



[Boiled eggs](#)  
1 egg(s)- 69 cals

### Dinner

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



[Tomato and avocado salad](#)  
117 cals



[Ranch chicken](#)  
4 oz- 230 cals

### Lunch

380 cals, 23g protein, 19g net carbs, 23g fat



[Brown rice](#)  
86 cals



[Chicken thighs and mushrooms](#)  
3 oz- 295 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



[Avocado](#)  
176 cals



[Boiled eggs](#)  
1 egg(s)- 69 cals

### Dinner

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



[Tomato and avocado salad](#)  
117 cals



[Ranch chicken](#)  
4 oz- 230 cals

### Lunch

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



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



[Pistachios](#)  
188 cals

## Day 3

980 cals ● 61g protein (25%) ● 58g fat (53%) ● 43g carbs (17%) ● 11g fiber (4%)

### Breakfast

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



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



Clementine  
1 clementine(s)- 39 cals

### Dinner

300 cals, 33g protein, 5g net carbs, 15g fat



Simple chicken breast  
4 oz- 160 cals



Caprese salad  
142 cals

### Lunch

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



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



Pistachios  
188 cals

## Day 4

1047 cals ● 59g protein (22%) ● 58g fat (50%) ● 61g carbs (23%) ● 12g fiber (4%)

### Breakfast

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



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



Clementine  
1 clementine(s)- 39 cals

### Dinner

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



Buffalo chicken wings  
8 oz- 338 cals



Tomato and avocado salad  
117 cals

### Lunch

350 cals, 18g protein, 38g net carbs, 12g fat



Cottage cheese & fruit cup  
1 container- 107 cals



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

## Day 5

1047 cals ● 59g protein (22%) ● 58g fat (50%) ● 61g carbs (23%) ● 12g fiber (4%)

### Breakfast

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



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



Clementine  
1 clementine(s)- 39 cals

### Lunch

350 cals, 18g protein, 38g net carbs, 12g fat



Cottage cheese & fruit cup  
1 container- 107 cals



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

### Dinner

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



Buffalo chicken wings  
8 oz- 338 cals



Tomato and avocado salad  
117 cals

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## Day 6

1031 cals ● 55g protein (21%) ● 26g fat (23%) ● 122g carbs (47%) ● 22g fiber (9%)

### Breakfast

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



Coffee overnight protein oats  
169 cals



Clementine  
1 clementine(s)- 39 cals

### Lunch

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



Orange  
2 orange(s)- 170 cals



Tomato and avocado salad  
117 cals



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

### Dinner

360 cals, 20g protein, 46g net carbs, 9g fat



White rice  
110 cals



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



Lowfat Greek yogurt  
1 container(s)- 155 cals

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## Day 7

1031 cal ● 55g protein (21%) ● 26g fat (23%) ● 122g carbs (47%) ● 22g fiber (9%)

### Breakfast

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



Coffee overnight protein oats

169 cal



Clementine

1 clementine(s)- 39 cal

### Dinner

360 cal, 20g protein, 46g net carbs, 9g fat



White rice

110 cal



Goat cheese and marinara stuffed zucchini

1 zucchini halve(s)- 96 cal



Lowfat Greek yogurt

1 container(s)- 155 cal

### Lunch

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



Orange

2 orange(s)- 170 cal



Tomato and avocado salad

117 cal



Turkey & hummus deli sandwich

1/2 sandwich(es)- 175 cal

## Fruits and Fruit Juices

- ☐ avocados  
2 1/2 avocado(s) (503g)
- ☐ lemon juice  
1 tsp (5mL)
- ☐ lime juice  
3 tbsp (45mL)
- ☐ clementines  
5 fruit (370g)
- ☐ banana  
1 medium (7" to 7-7/8" long) (118g)
- ☐ orange  
4 orange (616g)

## Dairy and Egg Products

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

## Cereal Grains and Pasta

- ☐ brown rice  
2 tbsp (24g)
- ☐ long-grain white rice  
1/3 cup (62g)

## Spices and Herbs

- ☐ salt  
10 1/4 g (10g)
- ☐ black pepper  
1/8 oz (4g)
- ☐ garlic powder  
1/4 tbsp (3g)
- ☐ fresh basil  
2 3/4 tbsp leaves, whole (4g)

## Beverages

## Vegetables and Vegetable Products

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

## Poultry Products

- ☐ chicken thighs, with bone and skin, raw  
1/2 thigh (6 oz ea) (85g)
- ☐ boneless skinless chicken breast, raw  
3/4 lbs (336g)
- ☐ 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 (266g)

## Baked Products

- ☐ bread  
6 3/4 oz (192g)

## Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added  
1/2 cup (62g)

## Snacks

- ☐ high-protein granola bar  
3 bar (120g)

## Legumes and Legume Products

- ☐ peanut butter  
2 tbsp (32g)
- ☐ hummus  
2 tbsp (30g)

## Soups, Sauces, and Gravies

- ☐ water  
1 cup(s) (246mL)
- ☐ protein powder  
1 scoop (1/3 cup ea) (31g)
- ☐ coffee, brewed  
3 tbsp (44g)

## Fats and Oils

- ☐ olive oil  
1 1/2 tbsp (23mL)
- ☐ oil  
1/2 oz (16mL)
- ☐ ranch dressing  
2 tbsp (30mL)
- ☐ balsamic vinaigrette  
2 tsp (10mL)
- ☐ cooking spray  
1 spray , about 1/3 second (1 NLEA serving) (0g)

- ☐ Frank's Red Hot sauce  
2 3/4 tbsp (41mL)
- ☐ pasta sauce  
4 tbsp (65g)

## Breakfast Cereals

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

## Sweets

- ☐ maple syrup  
2 tsp (10mL)

## Sausages and Luncheon Meats

- ☐ turkey cold cuts  
4 oz (113g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### 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.

### 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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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. This recipe has no instructions.

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.



## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Coffee overnight protein oats

169 cals ● 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 2 meals:

**whole milk**  
4 tbsp (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)  
**maple syrup**  
2 tsp (10mL)

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.

### 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. This recipe has no instructions.

## Lunch 1 [↗](#)

Eat on day 1

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### Brown rice

86 cals ● 2g protein ● 1g fat ● 17g carbs ● 1g fiber



#### **brown rice**

2 tbsp (24g)

#### **salt**

3/4 dash (1g)

#### **water**

1/4 cup(s) (59mL)

#### **black pepper**

3/4 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, fluff with a fork, and season with salt and pepper.

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### 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)

**mushrooms, sliced 1/4 in thick**

2 oz (57g)

**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 (6 oz ea) (85g)

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.

## Lunch 2 [↗](#)

Eat on day 2, day 3

### 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) (28g)

For all 2 meals:

**bread**

2 slice (64g)

**butter**

1 tbsp (14g)

**sliced cheese**

2 slice (1 oz) (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.

### Pistachios

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



For single meal:

**pistachios, dry roasted, without shells or salt added**

4 tbsp (31g)

For all 2 meals:

**pistachios, dry roasted, without shells or salt added**

1/2 cup (62g)

1. This recipe has no instructions.

## Lunch 3 [↗](#)

Eat on day 4, day 5

### Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
1 container (133g)

For all 2 meals:

**cottage cheese & fruit cup**  
2 container (266g)

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

### Grilled peanut butter and banana sandwich

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



For single meal:

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

For all 2 meals:

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

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.

## Lunch 4 [↗](#)

Eat on day 6, day 7

### 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. This recipe has no instructions.

### 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.

### Turkey & hummus deli sandwich

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





For single meal:

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

For all 2 meals:

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

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.

## 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.

### Ranch chicken

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



For single meal:

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

For all 2 meals:

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

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.

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## Dinner 2 [↗](#)

Eat on day 3

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### Simple chicken breast

4 oz - 160 cals ● 25g protein ● 6g fat ● 0g carbs ● 0g fiber





Makes 4 oz

**boneless skinless chicken breast, raw**

4 oz (112g)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

**olive oil**

1/4 tbsp (4mL)

**garlic powder**

1/2 dash (0g)

1. First, rub the chicken with olive oil and seasonings. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP**
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. **BAKED**
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. **BROILED/GRILLED**
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
13. **ALL**
14. Finally (and this is important) let the chicken rest for at least 5 minutes before you cut it or all the juice you made the effort to keep in will come running right out, resulting in a flavorless, rubbery mass. When it comes to a juicy chicken breast, patience is a virtue.

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**Caprese salad**

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



#### **balsamic vinaigrette**

2 tsp (10mL)

#### **fresh basil**

2 2/3 tbsp leaves, whole (4g)

#### **tomatoes, halved**

1/3 cup cherry tomatoes (50g)

#### **mixed greens**

1/3 package (5.5 oz) (52g)

#### **fresh mozzarella cheese**

1 oz (28g)

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

## Dinner 3 [🔗](#)

Eat on day 4, day 5

### Buffalo chicken wings

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



For single meal:

#### **Frank's Red Hot sauce**

4 tsp (20mL)

#### **chicken wings, with skin, raw**

1/2 lbs (227g)

#### **black pepper**

1 dash, ground (0g)

#### **salt**

1 dash (1g)

#### **oil**

1/4 tbsp (4mL)

For all 2 meals:

#### **Frank's Red Hot sauce**

2 2/3 tbsp (40mL)

#### **chicken wings, with skin, raw**

1 lbs (454g)

#### **black pepper**

2 dash, ground (1g)

#### **salt**

2 dash (2g)

#### **oil**

1/2 tbsp (8mL)

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.

### 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.

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## Dinner 4 [🔗](#)

Eat on day 6, day 7

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### 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.

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### Goat cheese and marinara stuffed zucchini

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



For single meal:

**zucchini**  
1/2 large (162g)  
**pasta sauce**  
2 tbsp (33g)  
**goat cheese**  
1/2 oz (14g)

For all 2 meals:

**zucchini**  
1 large (323g)  
**pasta sauce**  
4 tbsp (65g)  
**goat cheese**  
1 oz (28g)

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.

Lowfat Greek yogurt

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



For single meal:

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

For all 2 meals:

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

1. This recipe has no instructions.
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