

Meal Plan - Meal plan with over 60g 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

1023 cals ● 62g protein (24%) ● 38g fat (34%) ● 81g carbs (32%) ● 27g fiber (11%)

Breakfast

255 cals, 9g protein, 4g net carbs, 20g fat



[Eggs with avocado and salsa](#)
254 cals

Lunch

425 cals, 24g protein, 39g net carbs, 15g fat



[Tortilla chips](#)
141 cals



[Edamame & beet salad](#)
171 cals



[Mexican posole soup](#)
113 cals

Dinner

345 cals, 29g protein, 38g net carbs, 4g fat



[Sugar snap peas](#)
82 cals



[Jerk-y chicken](#)
3 oz- 130 cals



[Basic baked potato](#)
1/2 potato(es)- 132 cals

Day 2

1029 cals ● 121g protein (47%) ● 45g fat (39%) ● 20g carbs (8%) ● 16g fiber (6%)

Breakfast

255 cals, 9g protein, 4g net carbs, 20g fat



[Eggs with avocado and salsa](#)
254 cals

Lunch

305 cals, 44g protein, 9g net carbs, 8g fat



[Lemon pepper chicken breast](#)
6 oz- 222 cals



[Sugar snap peas](#)
82 cals

Dinner

470 cals, 69g protein, 8g net carbs, 17g fat



[Beets](#)
2 beets- 48 cals



[Basic chicken breast](#)
10 2/3 oz- 423 cals

Day 3

1029 cals ● 121g protein (47%) ● 45g fat (39%) ● 20g carbs (8%) ● 16g fiber (6%)

Breakfast

255 cals, 9g protein, 4g net carbs, 20g fat



Eggs with avocado and salsa
254 cals

Lunch

305 cals, 44g protein, 9g net carbs, 8g fat



Lemon pepper chicken breast
6 oz- 222 cals



Sugar snap peas
82 cals

Dinner

470 cals, 69g protein, 8g net carbs, 17g fat



Beets
2 beets- 48 cals



Basic chicken breast
10 2/3 oz- 423 cals

Day 4

1018 cals ● 61g protein (24%) ● 40g fat (35%) ● 89g carbs (35%) ● 15g fiber (6%)

Breakfast

250 cals, 10g protein, 20g net carbs, 12g fat



Small granola bar
1 bar(s)- 119 cals



Raspberries
3/4 cup(s)- 54 cals



Basic fried eggs
1 egg(s)- 80 cals

Lunch

410 cals, 22g protein, 34g net carbs, 19g fat



Chicken club bagel sandwich
1/2 sandwich(es)- 336 cals



Simple mixed greens and tomato salad
76 cals

Dinner

355 cals, 29g protein, 35g net carbs, 9g fat



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



Cranberry spinach salad
95 cals

Day 5

978 cals ● 66g protein (27%) ● 38g fat (35%) ● 80g carbs (33%) ● 14g fiber (6%)

Breakfast

250 cals, 10g protein, 20g net carbs, 12g fat



Small granola bar
1 bar(s)- 119 cals



Raspberries
3/4 cup(s)- 54 cals



Basic fried eggs
1 egg(s)- 80 cals

Dinner

355 cals, 29g protein, 35g net carbs, 9g fat



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



Cranberry spinach salad
95 cals

Lunch

370 cals, 28g protein, 25g net carbs, 17g fat



Cottage cheese & fruit cup
1 container- 131 cals



Chicken salad sandwich
1/2 sandwich(es)- 240 cals

Day 6

1056 cals ● 73g protein (28%) ● 54g fat (46%) ● 58g carbs (22%) ● 11g fiber (4%)

Breakfast

250 cals, 17g protein, 13g net carbs, 14g fat



Boiled eggs
2 egg(s)- 139 cals



Toast with butter
1 slice(s)- 114 cals

Dinner

435 cals, 29g protein, 20g net carbs, 23g fat



Salmon & chickpea salad
334 cals



Milk
2/3 cup(s)- 99 cals

Lunch

370 cals, 28g protein, 25g net carbs, 17g fat



Cottage cheese & fruit cup
1 container- 131 cals



Chicken salad sandwich
1/2 sandwich(es)- 240 cals

Day 7

984 calsgreen62g protein (25%)orange59g fat (54%)blue39g carbs (16%)grey12g fiber (5%)

Breakfast

250 calsgreen17g protein, 13g net carbs, 14g fat



Boiled eggs
2 egg(s)- 139 calsgreen



Toast with butter
1 slice(s)- 114 calsgreen

Dinner

435 calsgreen29g protein, 20g net carbs, 23g fat



Salmon & chickpea salad
334 calsgreen



Milk
2/3 cup(s)- 99 calsgreen

Lunch

300 calsgreen17g protein, 7g net carbs, 21g fat



Italian sausage
1 link- 257 calsgreen



Sugar snap peas
41 calsgreen



Dairy and Egg Products

- ☐ eggs
9 large (450g)
- ☐ sliced cheese
1 slice (3/4 oz ea) (21g)
- ☐ romano cheese
1/4 tbsp (2g)
- ☐ whole milk
1 1/3 cup (319mL)
- ☐ butter
2 tsp (9g)

Fruits and Fruit Juices

- ☐ avocados
1 3/4 avocado(s) (352g)
- ☐ dried cranberries
4 tsp (13g)
- ☐ raspberries
1 1/2 cup (185g)
- ☐ lemon juice
3/4 tbsp (11mL)

Soups, Sauces, and Gravies

- ☐ salsa
1/4 cup (81g)
- ☐ barbecue sauce
2 3/4 tbsp (48g)

Snacks

- ☐ tortilla chips
1 oz (28g)
- ☐ small granola bar
2 bar (50g)

Fats and Oils

- ☐ balsamic vinaigrette
1 tbsp (15mL)
- ☐ olive oil
1/6 oz (6mL)
- ☐ oil
1 oz (28mL)
- ☐ mayonnaise
1 1/4 oz (37mL)
- ☐ salad dressing
1 1/2 tbsp (23mL)
- ☐ raspberry walnut vinaigrette
4 tsp (19mL)

Other

- ☐ mixed greens
4 1/2 cup (135g)
- ☐ stewed tomatoes with peppers and spices
1/8 can (~15 oz) (53g)
- ☐ cottage cheese & fruit cup
2 container (340g)
- ☐ Italian pork sausage, raw
1 link (108g)

Beverages

- ☐ water
1/8 cup(s) (31mL)

Cereal Grains and Pasta

- ☐ white hominy
1/8 can (15.5 oz) (55g)

Pork Products

- ☐ pork tenderloin, raw
2 oz (57g)

Spices and Herbs

- ☐ chipotle seasoning
2 dash (1g)
- ☐ thyme, dried
1/2 dash, leaves (0g)
- ☐ red wine vinegar
1/2 tbsp (8mL)
- ☐ allspice
1/2 dash (0g)
- ☐ salt
1/2 dash (0g)
- ☐ lemon pepper
3/4 tbsp (5g)
- ☐ black pepper
1 dash, ground (0g)
- ☐ ground cumin
2 dash (1g)
- ☐ dijon mustard
1 tsp (5g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 lbs (1327g)

Vegetables and Vegetable Products

- ☐ beets, precooked (canned or refrigerated)
6 beets (2" dia, sphere) (300g)
- ☐ edamame, frozen, shelled
1/2 cup (59g)
- ☐ frozen sugar snap peas
4 2/3 cup (672g)
- ☐ habanero peppers
1/8 pepper (2g)
- ☐ onion
1 tsp chopped (4g)
- ☐ garlic
3/8 clove(s) (1g)
- ☐ potatoes
1/2 large (3" to 4-1/4" dia.) (185g)
- ☐ romaine lettuce
1/2 leaf inner (3g)
- ☐ tomatoes
3/8 medium whole (2-3/5" dia) (52g)
- ☐ sweet potatoes
1 sweetpotato, 5" long (210g)
- ☐ fresh spinach
1/4 6oz package (43g)
- ☐ raw celery
1/4 stalk, medium (7-1/2" - 8" long) (10g)
- ☐ sun-dried tomatoes
2 piece(s) (20g)

Sweets

- ☐ brown sugar
1 tsp (5g)

Legumes and Legume Products

- ☐ soy sauce
1/2 tbsp (8mL)
- ☐ hummus
1 1/2 tbsp (23g)
- ☐ chickpeas, canned
1/4 can (112g)

Baked Products

- ☐ bagel
1/2 medium bagel (3-1/2" to 4" dia) (53g)
- ☐ bread
4 slice (128g)

Sausages and Luncheon Meats

- ☐ chicken cold cuts
2 oz (57g)

Nut and Seed Products

- ☐ walnuts
4 tsp, chopped (10g)

Finfish and Shellfish Products

- ☐ salmon
6 oz (170g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Eggs with avocado and salsa

254 cals ● 9g protein ● 20g fat ● 4g carbs ● 7g fiber



For single meal:

eggs
1 large (50g)
avocados, diced
1/2 avocado(s) (101g)
salsa
1 1/2 tbsp (27g)

For all 3 meals:

eggs
3 large (150g)
avocados, diced
1 1/2 avocado(s) (302g)
salsa
1/4 cup (81g)

1. Cook eggs according to your preference (scrambled, sunny side up, etc.)
2. Season with some salt and pepper and top with the diced avocado and salsa.
3. Serve.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

small granola bar
1 bar (25g)

For all 2 meals:

small granola bar
2 bar (50g)

1. This recipe has no instructions.

Raspberries

3/4 cup(s) - 54 cals ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

raspberries
3/4 cup (92g)

For all 2 meals:

raspberries
1 1/2 cup (185g)

1. Rinse raspberries and serve.

Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/4 tsp (1mL)
eggs
1 large (50g)

For all 2 meals:

oil
1/2 tsp (3mL)
eggs
2 large (100g)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

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.
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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 2 meals:

bread

2 slice (64g)

butter

2 tsp (9g)

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

Lunch 1 [🔗](#)

Eat on day 1

Tortilla chips

141 cals ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber

tortilla chips

1 oz (28g)

1. This recipe has no instructions.



Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



balsamic vinaigrette

1 tbsp (15mL)

beets, precooked (canned or refrigerated), chopped

2 beets (2" dia, sphere) (100g)

edamame, frozen, shelled

1/2 cup (59g)

mixed greens

1 cup (30g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Mexican posole soup

113 cals ● 13g protein ● 2g fat ● 9g carbs ● 2g fiber



water
1/8 cup(s) (30mL)
white hominy, undrained
1/8 can (15.5 oz) (55g)
pork tenderloin, raw, trimmed, cut into bite-sized pieces
2 oz (57g)
chipotle seasoning
2 dash (1g)
stewed tomatoes with peppers and spices, undrained
1/8 can (~15 oz) (53g)

1. Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
2. Sprinkle pork evenly with chipotle seasoning blend.
3. Add pork to pan; cook 4 minutes or until browned.
4. Stir in hominy, tomatoes, and 1 cup water. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until pork is tender. Stir in cilantro (optional).
5. Serve.

Lunch 2 [↗](#)

Eat on day 2, day 3

Lemon pepper chicken breast

6 oz - 222 cals ● 38g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

lemon pepper
1 tsp (3g)
olive oil
1/2 tsp (3mL)
boneless skinless chicken breast, raw
6 oz (168g)

For all 2 meals:

lemon pepper
3/4 tbsp (5g)
olive oil
1 tsp (6mL)
boneless skinless chicken breast, raw
3/4 lbs (336g)

1. First, rub the chicken with olive oil and lemon pepper. 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.

Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:

frozen sugar snap peas
1 1/3 cup (192g)

For all 2 meals:

frozen sugar snap peas
2 2/3 cup (384g)

1. Prepare according to instructions on package.

Lunch 3 [🔗](#)

Eat on day 4

Chicken club bagel sandwich

1/2 sandwich(es) - 336 cals ● 21g protein ● 14g fat ● 29g carbs ● 1g fiber



Makes 1/2 sandwich(es)

romaine lettuce

1/2 leaf inner (3g)

mayonnaise

1/2 tbsp (8mL)

sliced cheese

1 slice (3/4 oz ea) (21g)

bagel

1/2 medium bagel (3-1/2" to 4" dia)
(53g)

chicken cold cuts

2 oz (57g)

tomatoes

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

1. Build the sandwich to your liking.

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



salad dressing

1 1/2 tbsp (23mL)

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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Lunch 4 [🔗](#)

Eat on day 5, day 6

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.

Chicken salad sandwich

1/2 sandwich(es) - 240 cals ● 14g protein ● 14g fat ● 12g carbs ● 2g fiber



For single meal:

oil

3/8 tsp (2mL)

raw celery, chopped

1/8 stalk, medium (7-1/2" - 8" long)
(5g)

black pepper

1/2 dash, ground (0g)

lemon juice

3/8 tsp (2mL)

mayonnaise

1 tbsp (15mL)

bread

1 slice (32g)

boneless skinless chicken breast, raw

1/4 piece (43g)

For all 2 meals:

oil

1/4 tbsp (4mL)

raw celery, chopped

1/4 stalk, medium (7-1/2" - 8" long)
(10g)

black pepper

1 dash, ground (0g)

lemon juice

1/4 tbsp (4mL)

mayonnaise

2 tbsp (30mL)

bread

2 slice (64g)

boneless skinless chicken breast, raw

1/2 piece (85g)

1. Preheat oven to 450 F (230 C).
2. Brush the chicken with oil on each side and place on baking sheet.
3. Bake for 10-15 mins on each side or until chicken is done.
4. Let chicken cool and then chop into bite-sized pieces.
5. Mix all ingredients besides bread and oil together in a bowl.
6. For each sandwich, spread mixture evenly over a slice of bread and top with another slice.

Lunch 5 [↗](#)

Eat on day 7

Italian sausage

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



Makes 1 link

Italian pork sausage, raw

1 link (108g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to ½" 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.

Sugar snap peas

41 cals ● 3g protein ● 0g fat ● 4g carbs ● 3g fiber



frozen sugar snap peas

2/3 cup (96g)

1. Prepare according to instructions on package.

Dinner 1 [↗](#)

Eat on day 1

Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



frozen sugar snap peas

1 1/3 cup (192g)

1. Prepare according to instructions on package.

Jerk-y chicken

3 oz - 130 cal ● 20g protein ● 3g fat ● 6g carbs ● 0g fiber



Makes 3 oz

thyme, dried

1/2 dash, leaves (0g)

red wine vinegar

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

3 oz (85g)

habanero peppers, deseeded

1/8 pepper (2g)

onion

1 tsp chopped (4g)

brown sugar

1 tsp (5g)

olive oil

1/8 tsp (1mL)

soy sauce

1/2 tbsp (8mL)

garlic

3/8 clove(s) (1g)

allspice

1/2 dash (0g)

1. Combine the onion, brown sugar, soy sauce, red wine vinegar, thyme, oil, garlic, allspice, and habanero pepper (use less of the pepper if you'd like the dish to be less spicy) in a food processor or blender. Blend until smooth. Place the chicken in a bowl, pour about half of the sauce over it, and rub the sauce evenly over the chicken. (Optional: cover and marinate in the fridge for at least an hour.)
2. Heat a grill pan or skillet over medium-high heat. Add the chicken and cook for 5-6 minutes per side until it's no longer pink inside.
3. In a small pan, heat the remaining sauce for a couple of minutes until it slightly thickens. Pour over the chicken when serving.

Basic baked potato

1/2 potato(es) - 132 cal ● 3g protein ● 0g fat ● 25g carbs ● 4g fiber



Makes 1/2 potato(es)

potatoes

1/2 large (3" to 4-1/4" dia.) (185g)

salt

1/2 dash (0g)

oil

1/4 tsp (1mL)

1. OVEN:
 2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
 3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
 4. MICROWAVE:
 5. Scrub the potato, and prick several times with the tines of a fork. Place on a plate.
 6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
 7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Beets

2 beets - 48 cals ● 2g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

beets, precooked (canned or refrigerated)

2 beets (2" dia, sphere) (100g)

For all 2 meals:

beets, precooked (canned or refrigerated)

4 beets (2" dia, sphere) (200g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Basic chicken breast

10 2/3 oz - 423 cals ● 67g protein ● 17g fat ● 0g carbs ● 0g fiber



For single meal:

oil

2 tsp (10mL)

boneless skinless chicken breast, raw

2/3 lbs (299g)

For all 2 meals:

oil

4 tsp (20mL)

boneless skinless chicken breast, raw

1 1/3 lbs (597g)

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.
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Dinner 3 [↗](#)

Eat on day 4, day 5

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.

Cranberry spinach salad

95 cals ● 2g protein ● 6g fat ● 7g carbs ● 1g fiber



For single meal:

dried cranberries

2 tsp (7g)

walnuts

2 tsp, chopped (5g)

fresh spinach

1/8 6oz package (21g)

raspberry walnut vinaigrette

2 tsp (10mL)

romano cheese, finely shredded

3 dash (1g)

For all 2 meals:

dried cranberries

4 tsp (13g)

walnuts

4 tsp, chopped (10g)

fresh spinach

1/4 6oz package (43g)

raspberry walnut vinaigrette

4 tsp (20mL)

romano cheese, finely shredded

1/4 tbsp (2g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

Dinner 4 [↗](#)

Eat on day 6, day 7

Salmon & chickpea salad

334 cal ● 24g protein ● 18g fat ● 12g carbs ● 7g fiber



For single meal:

oil
1/8 tsp (0mL)
ground cumin
1 dash (0g)
salmon
3 oz (85g)
lemon juice
1/4 tbsp (4mL)
dijon mustard
4 dash (3g)
hummus
3/4 tbsp (11g)
sun-dried tomatoes, thinly sliced
1 piece(s) (10g)
avocados, chopped
1/8 avocado(s) (25g)
mixed greens
1 cup (30g)
chickpeas, canned, rinsed and drained
1/8 can (56g)

For all 2 meals:

oil
1/8 tsp (1mL)
ground cumin
2 dash (1g)
salmon
6 oz (170g)
lemon juice
1/2 tbsp (8mL)
dijon mustard
1 tsp (5g)
hummus
1 1/2 tbsp (23g)
sun-dried tomatoes, thinly sliced
2 piece(s) (20g)
avocados, chopped
1/4 avocado(s) (50g)
mixed greens
2 cup (60g)
chickpeas, canned, rinsed and drained
1/4 can (112g)

1. Preheat oven to 350°F (180°C).
2. Add chickpeas to a sheet pan and mix them together with the oil, cumin, and some salt until evenly coated.
3. Move the chickpeas away from the center of the sheet and place the salmon skin side down in the middle. Season salmon with some salt and pepper and bake 14-16 minutes until salmon is fully cooked and chickpeas are golden.
4. Meanwhile, in a small bowl, mix the hummus, mustard, lemon juice, and some salt and pepper to make the dressing. If needed, stir in a splash of water to thin out the consistency of the dressing.
5. When salmon is done and cool enough to handle, cut it into chunks.
6. Serve greens with sun dried tomatoes, avocado, chickpeas, salmon and dressing.

Milk

2/3 cup(s) - 99 cal ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

whole milk
2/3 cup (160mL)

For all 2 meals:

whole milk
1 1/3 cup (320mL)

1. This recipe has no instructions.

