

# Meal Plan - Meal plan with over 80g 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

965 cals ● 88g protein (37%) ● 44g fat (41%) ● 42g carbs (17%) ● 11g fiber (5%)

### Breakfast

245 cals, 13g protein, 21g net carbs, 10g fat



[Apple](#)

1 apple(s)- 105 cals



[Boiled eggs](#)

2 egg(s)- 139 cals

### Dinner

355 cals, 41g protein, 9g net carbs, 16g fat



[Simple kale salad](#)

1 cup(s)- 55 cals



[Baked chicken with tomatoes & olives](#)

6 oz- 300 cals

### Lunch

365 cals, 34g protein, 12g net carbs, 19g fat



[Pesto chicken & quinoa stuffed peppers](#)

2 half pepper(s)- 367 cals

## Day 2

1016 cals ● 85g protein (34%) ● 39g fat (35%) ● 65g carbs (26%) ● 16g fiber (6%)

### Breakfast

245 cals, 13g protein, 21g net carbs, 10g fat



[Apple](#)

1 apple(s)- 105 cals



[Boiled eggs](#)

2 egg(s)- 139 cals

### Dinner

355 cals, 41g protein, 9g net carbs, 16g fat



[Simple kale salad](#)

1 cup(s)- 55 cals



[Baked chicken with tomatoes & olives](#)

6 oz- 300 cals

### Lunch

415 cals, 31g protein, 35g net carbs, 14g fat



[Turkey & hummus deli sandwich](#)

1 sandwich(es)- 349 cals



[Simple mixed greens salad](#)

68 cals

## Day 3

1050 cals ● 81g protein (31%) ● 40g fat (34%) ● 80g carbs (31%) ● 13g fiber (5%)

### Breakfast

215 cals, 12g protein, 16g net carbs, 10g fat



Milk

1/2 cup(s)- 75 cals



Easy mini quiche

1 quiche(s)- 96 cals



Cherry tomatoes

12 cherry tomatoes- 42 cals

### Dinner

420 cals, 38g protein, 29g net carbs, 16g fat



Dinner roll

2 roll- 154 cals



Chicken egg drop soup

267 cals

### Lunch

415 cals, 31g protein, 35g net carbs, 14g fat



Turkey & hummus deli sandwich

1 sandwich(es)- 349 cals



Simple mixed greens salad

68 cals

## Day 4

1011 cals ● 82g protein (33%) ● 43g fat (38%) ● 63g carbs (25%) ● 11g fiber (4%)

### Breakfast

215 cals, 12g protein, 16g net carbs, 10g fat



Milk

1/2 cup(s)- 75 cals



Easy mini quiche

1 quiche(s)- 96 cals



Cherry tomatoes

12 cherry tomatoes- 42 cals

### Dinner

420 cals, 38g protein, 29g net carbs, 16g fat



Dinner roll

2 roll- 154 cals



Chicken egg drop soup

267 cals

### Lunch

380 cals, 33g protein, 17g net carbs, 17g fat



Almond crusted tilapia

4 1/2 oz- 318 cals



Tossed salad

61 cals

Day 5

940 cals ● 90g protein (38%) ● 34g fat (33%) ● 56g carbs (24%) ● 12g fiber (5%)

Breakfast

170 cals, 17g protein, 12g net carbs, 4g fat



Carrot sticks  
1 1/2 carrot(s)- 41 cals



Protein shake (milk)  
129 cals

Dinner

400 cals, 35g protein, 38g net carbs, 10g fat



Quinoa  
1 cup quinoa, cooked- 208 cals



Teriyaki chicken  
4 oz- 190 cals

Lunch

375 cals, 38g protein, 6g net carbs, 20g fat



Basic chicken breast  
5 1/3 oz- 212 cals



Buttered sugar snap peas  
161 cals

Day 6

940 cals ● 90g protein (38%) ● 34g fat (33%) ● 56g carbs (24%) ● 12g fiber (5%)

Breakfast

170 cals, 17g protein, 12g net carbs, 4g fat



Carrot sticks  
1 1/2 carrot(s)- 41 cals



Protein shake (milk)  
129 cals

Dinner

400 cals, 35g protein, 38g net carbs, 10g fat



Quinoa  
1 cup quinoa, cooked- 208 cals



Teriyaki chicken  
4 oz- 190 cals

Lunch

375 cals, 38g protein, 6g net carbs, 20g fat



Basic chicken breast  
5 1/3 oz- 212 cals



Buttered sugar snap peas  
161 cals

## Day 7

997 cals ● 110g protein (44%) ● 32g fat (28%) ● 57g carbs (23%) ● 11g fiber (4%)

### Breakfast

170 cals, 17g protein, 12g net carbs, 4g fat



Carrot sticks

1 1/2 carrot(s)- 41 cals



Protein shake (milk)

129 cals

### Dinner

490 cals, 39g protein, 40g net carbs, 18g fat



Milk

1 cup(s)- 149 cals



British kedgeree

271 cals



Tomato cucumber salad

71 cals

### Lunch

335 cals, 54g protein, 5g net carbs, 10g fat



Lemon pepper chicken breast

8 oz- 296 cals



Sugar snap peas

41 cals

## Fruits and Fruit Juices

- ☐ apples  
2 medium (3" dia) (364g)
- ☐ green olives  
12 large (53g)

## Dairy and Egg Products

- ☐ eggs  
8 2/3 large (433g)
- ☐ mozzarella cheese, shredded  
4 tbsp (22g)
- ☐ whole milk  
1/4 gallon (881mL)
- ☐ swiss cheese  
2 3/4 tbsp, shredded (18g)
- ☐ butter  
2 tbsp (27g)

## Vegetables and Vegetable Products

- ☐ bell pepper  
1 medium (119g)
- ☐ kale leaves  
2 cup, chopped (80g)
- ☐ tomatoes  
6 1/2 medium whole (2-3/5" dia) (804g)
- ☐ onion  
1/6 medium (2-1/2" dia) (18g)
- ☐ frozen chopped spinach  
6 tbsp (59g)
- ☐ red onion  
1/4 medium (2-1/2" dia) (24g)
- ☐ cucumber  
1/3 cucumber (8-1/4") (94g)
- ☐ romaine lettuce  
1/4 hearts (125g)
- ☐ carrots  
4 2/3 medium (287g)
- ☐ frozen sugar snap peas  
2 2/3 cup (384g)
- ☐ frozen peas  
4 tbsp (34g)

## Soups, Sauces, and Gravies

- ☐ pesto sauce  
1/6 jar (6.25 oz) (30g)
- ☐ chicken broth  
3 cup(s) (mL)

## Fats and Oils

- ☐ salad dressing  
1/4 lbs (97mL)
- ☐ olive oil  
1/2 oz (20mL)
- ☐ oil  
3/4 oz (23mL)

## Spices and Herbs

- ☐ salt  
4 g (4g)
- ☐ black pepper  
1/4 tbsp (1g)
- ☐ chili powder  
2 tsp (5g)
- ☐ fresh basil  
12 leaves (6g)
- ☐ dry mustard powder  
1 1/2 dash (0g)
- ☐ lemon pepper  
1/2 tbsp (3g)
- ☐ curry powder  
2 dash (1g)

## Other

- ☐ mixed greens  
4 cup (120g)
- ☐ sesame oil  
1/4 tbsp (4mL)
- ☐ teriyaki sauce  
4 tbsp (60mL)

## Legumes and Legume Products

- ☐ hummus  
4 tbsp (60g)
- ☐ soy sauce  
1/4 tbsp (4mL)

## Baked Products

- ☐ bread  
1/3 lbs (149g)
- ☐ Roll  
4 pan, dinner, or small roll (2" square, 2" high) (112g)

## Sausages and Luncheon Meats

## Cereal Grains and Pasta

- ☐ quinoa, uncooked  
3/4 cup (123g)
- ☐ all-purpose flour  
1/8 cup(s) (16g)
- ☐ brown rice  
2 tbsp (24g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
3 lbs (1371g)

- ☐ turkey cold cuts  
1/2 lbs (227g)

## Finfish and Shellfish Products

- ☐ tilapia, raw  
1/4 lbs (126g)
- ☐ cod, raw  
4 oz (113g)

## Nut and Seed Products

- ☐ almonds  
3 tbsp, slivered (20g)

## Beverages

- ☐ water  
1 1/2 cup(s) (374mL)
  - ☐ protein powder  
1 1/2 scoop (1/3 cup ea) (47g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Apple

1 apple(s) - 105 cal ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

#### apples

1 medium (3" dia) (182g)

For all 2 meals:

#### apples

2 medium (3" dia) (364g)

1. This recipe has no instructions.

### Boiled eggs

2 egg(s) - 139 cal ● 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.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Milk

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



For single meal:

**whole milk**  
1/2 cup (120mL)

For all 2 meals:

**whole milk**  
1 cup (240mL)

1. This recipe has no instructions.

### Easy mini quiche

1 quiche(s) - 96 cal ● 6g protein ● 5g fat ● 5g carbs ● 1g fiber



For single meal:

**eggs**  
1/3 large (17g)  
**whole milk**  
4 tsp (20mL)  
**dry mustard powder**  
2/3 dash (0g)  
**swiss cheese**  
4 tsp, shredded (9g)  
**bread**  
1/3 slice (11g)  
**onion, minced**  
1/8 medium (2-1/2" dia) (9g)

For all 2 meals:

**eggs**  
2/3 large (33g)  
**whole milk**  
2 2/3 tbsp (40mL)  
**dry mustard powder**  
1 1/3 dash (0g)  
**swiss cheese**  
2 2/3 tbsp, shredded (18g)  
**bread**  
2/3 slice (21g)  
**onion, minced**  
1/6 medium (2-1/2" dia) (18g)

1. Preheat oven to 375°F (190°C). Lightly grease the muffin tins (one for each serving).
2. Trim or cut bread into circles. Place circles in bottom of muffin tins. You can use various scraps of bread and press them together at the base of the tin in order to get the most use out of a slice. Distribute the onion and shredded cheese evenly between the muffin tins.
3. In a medium bowl, combine milk, eggs, mustard and some salt and pepper. Divide between the muffin tins. Quiches will puff up, so be sure to leave some space at the top.
4. Bake for 20 minutes, or until a toothpick inserted into the center of a quiche comes out clean.

### Cherry tomatoes

12 cherry tomatoes - 42 cal ● 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.

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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Carrot sticks

1 1/2 carrot(s) - 41 cal● 1g protein● 0g fat● 6g carbs● 3g fiber



For single meal:  
**carrots**  
1 1/2 medium (92g)

For all 3 meals:  
**carrots**  
4 1/2 medium (275g)

1. Cut carrots into strips and serve.

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### Protein shake (milk)

129 cal● 16g protein● 4g fat● 6g carbs● 1g fiber



For single meal:  
**whole milk**  
1/2 cup (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:  
**whole milk**  
1 1/2 cup (360mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

1. Mix until well-combined.
  2. Serve.
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## Lunch 1 [🔗](#)

Eat on day 1

### Pesto chicken & quinoa stuffed peppers

2 half pepper(s) - 367 cals ● 34g protein ● 19g fat ● 12g carbs ● 3g fiber



Makes 2 half pepper(s)

#### **bell pepper**

1 medium (119g)

#### **mozzarella cheese, shredded**

4 tbsp (22g)

#### **pesto sauce**

1/6 jar (6.25 oz) (30g)

#### **quinoa, uncooked**

2 2/3 tsp (9g)

#### **boneless skinless chicken breast, raw**

4 oz (113g)

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. Cook quinoa according to package. Should yield about 1 cup of cooked quinoa. Set aside.
4. Meanwhile, turn on broiler and place bell peppers under broiler for 5 minutes until skin blisters and blackens. Remove and set aside.
5. Preheat oven to 350 F (180 C).
6. In a medium bowl mix the quinoa, chicken, cheese, and pesto together.
7. When peppers have cooled, cut in half and remove seeds.
8. Fill pepper halves with chicken mixture and top with cheese.
9. Bake for 10 minutes. Serve.

## Lunch 2 [🔗](#)

Eat on day 2, day 3

### Turkey & hummus deli sandwich

1 sandwich(es) - 349 cal ● 30g protein ● 9g fat ● 31g carbs ● 7g fiber



For single meal:

**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)

For all 2 meals:

**oil**

1/2 tsp (3mL)

**mixed greens**

1 cup (30g)

**tomatoes**

4 slice(s), thick/large (1/2" thick)  
(108g)

**hummus**

4 tbsp (60g)

**bread**

4 slice(s) (128g)

**turkey cold cuts**

1/2 lbs (227g)

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.

### 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.

## Lunch 3 [🔗](#)

Eat on day 4

### Almond crusted tilapia

4 1/2 oz - 318 cals ● 31g protein ● 15g fat ● 12g carbs ● 3g fiber



Makes 4 1/2 oz

**tilapia, raw**

1/4 lbs (126g)

**almonds**

3 tbsp, slivered (20g)

**all-purpose flour**

1/8 cup(s) (16g)

**salt**

3/4 dash (0g)

**olive oil**

1 tsp (6mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

### Tossed salad

61 cals ● 2g protein ● 2g fat ● 5g carbs ● 3g fiber



**red onion, sliced**

1/8 medium (2-1/2" dia) (7g)

**cucumber, sliced or diced**

1/8 cucumber (8-1/4") (19g)

**romaine lettuce, shredded**

1/4 hearts (125g)

**carrots, peeled and shredded or sliced**

1/4 small (5-1/2" long) (13g)

**tomatoes, diced**

1/4 small whole (2-2/5" dia) (23g)

**salad dressing**

1/2 tbsp (8mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

## Lunch 4 [↗](#)

Eat on day 5, day 6

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### Basic chicken breast

5 1/3 oz - 212 cals ● 34g protein ● 9g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**boneless skinless chicken breast, raw**  
1/3 lbs (149g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**boneless skinless chicken breast, raw**  
2/3 lbs (299g)

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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### Buttered sugar snap peas

161 cals ● 4g protein ● 11g fat ● 6g carbs ● 5g fiber



For single meal:

**black pepper**  
3/4 dash (0g)  
**salt**  
3/4 dash (0g)  
**butter**  
1 tbsp (14g)  
**frozen sugar snap peas**  
1 cup (144g)

For all 2 meals:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**butter**  
2 tbsp (27g)  
**frozen sugar snap peas**  
2 cup (288g)

1. Prepare sugar snap peas according to instructions on package.
  2. Top with butter and season with salt and pepper.
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## Lunch 5 [↗](#)

Eat on day 7

### Lemon pepper chicken breast

8 oz - 296 cals ● 51g protein ● 9g fat ● 1g carbs ● 1g fiber



Makes 8 oz

#### lemon pepper

1/2 tbsp (3g)

#### olive oil

1/4 tbsp (4mL)

#### boneless skinless chicken breast, raw

1/2 lbs (224g)

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

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.

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## Dinner 1 [🔗](#)

Eat on day 1, day 2

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### Simple kale salad

1 cup(s) - 55 cals ● 1g protein ● 3g fat ● 5g carbs ● 1g fiber



For single meal:

**salad dressing**

1 tbsp (15mL)

**kale leaves**

1 cup, chopped (40g)

For all 2 meals:

**salad dressing**

2 tbsp (30mL)

**kale leaves**

2 cup, chopped (80g)

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

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### Baked chicken with tomatoes & olives

6 oz - 300 cals ● 40g protein ● 12g fat ● 4g carbs ● 3g fiber



For single meal:

**tomatoes**

6 cherry tomatoes (102g)

**olive oil**

1 tsp (5mL)

**salt**

2 dash (2g)

**green olives**

6 large (26g)

**black pepper**

2 dash (0g)

**chili powder**

1 tsp (3g)

**boneless skinless chicken breast, raw**

6 oz (170g)

**fresh basil, shredded**

6 leaves (3g)

For all 2 meals:

**tomatoes**

12 cherry tomatoes (204g)

**olive oil**

2 tsp (10mL)

**salt**

4 dash (3g)

**green olives**

12 large (53g)

**black pepper**

4 dash (0g)

**chili powder**

2 tsp (5g)

**boneless skinless chicken breast, raw**

3/4 lbs (340g)

**fresh basil, shredded**

12 leaves (6g)

1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

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## Dinner 2 [🔗](#)

Eat on day 3, day 4

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### Dinner roll

2 roll - 154 cal ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



For single meal:

**Roll**

2 pan, dinner, or small roll (2" square, 2" high) (56g)

For all 2 meals:

**Roll**

4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.

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## Chicken egg drop soup

267 cal ● 32g protein ● 14g fat ● 3g carbs ● 1g fiber





For single meal:

**oil**  
3/8 tsp (2mL)  
**boneless skinless chicken breast, raw, cut into bite-sized pieces**  
3 oz (85g)  
**chicken broth**  
1 1/2 cup(s) (mL)  
**eggs**  
1 1/2 large (75g)  
**soy sauce**  
3/8 tsp (2mL)  
**sesame oil**  
3/8 tsp (2mL)  
**frozen chopped spinach**  
3 tbsp (29g)

For all 2 meals:

**oil**  
1/4 tbsp (4mL)  
**boneless skinless chicken breast, raw, cut into bite-sized pieces**  
6 oz (170g)  
**chicken broth**  
3 cup(s) (mL)  
**eggs**  
3 large (150g)  
**soy sauce**  
1/4 tbsp (4mL)  
**sesame oil**  
1/4 tbsp (4mL)  
**frozen chopped spinach**  
6 tbsp (59g)

1. Add the oil (note, not the sesame oil) to the bottom of a pot over medium heat. Add the chicken and cook until browned and cooked through.
2. Add broth, soy sauce, and sesame oil to the pot and bring to a boil. Meanwhile, beat eggs in a cup and aside.
3. Add in the frozen spinach and cook until softened. Return to a boil.
4. Stir gently, while slowly pouring in the egg. Cook for about 1-2 minutes.
5. Season with salt/pepper to taste and serve.

## Dinner 3 [🔗](#)

Eat on day 5, day 6

### Quinoa

1 cup quinoa, cooked - 208 cal ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



For single meal:

**quinoa, uncooked**  
1/3 cup (57g)  
**water**  
2/3 cup(s) (158mL)

For all 2 meals:

**quinoa, uncooked**  
2/3 cup (113g)  
**water**  
1 1/3 cup(s) (316mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

### Teriyaki chicken

4 oz - 190 cal ● 27g protein ● 6g fat ● 6g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**teriyaki sauce**  
2 tbsp (30mL)  
**boneless skinless chicken breast, raw, cubed**  
4 oz (112g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**teriyaki sauce**  
4 tbsp (60mL)  
**boneless skinless chicken breast, raw, cubed**  
1/2 lbs (224g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.

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### Dinner 4 [↗](#)

Eat on day 7

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#### Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber

Makes 1 cup(s)

**whole milk**  
1 cup (240mL)



1. This recipe has no instructions.

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#### British kedgerree

271 cals ● 30g protein ● 6g fat ● 21g carbs ● 3g fiber



**frozen peas**  
4 tbsp (34g)  
**curry powder**  
2 dash (1g)  
**cod, raw, cut into small chunks**  
4 oz (113g)  
**eggs**  
1 large (50g)  
**water**  
1/4 cup(s) (59mL)  
**brown rice**  
2 tbsp (24g)

1. Cook rice and water according to package instructions. Set aside.
2. Hard boil the eggs: Add eggs to a saucepan and cover with cold water. Bring to a boil. Boil for 8-10 minutes then transfer to a bowl of cold water. Once cool enough to handle, peel eggs and slice into quarters. Set aside.
3. Put chunks of fish into a large frying pan and add a small splash of water. Simmer for 3-4 minutes until fish is opaque. Drain any excess liquid.
4. Add cooked rice, peas, curry powder, and some salt and pepper to the skillet with the fish. Heat, stirring gently, for 2-3 minutes until everything is heated through.
5. Season to taste with salt and pepper and top with eggs. Serve.

## 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.