

# Meal Plan - Meal plan with over 90g 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  
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## Day 1

1094 cals ● 113g protein (41%) ● 35g fat (28%) ● 72g carbs (26%) ● 11g fiber (4%)

### Breakfast

230 cals, 14g protein, 26g net carbs, 6g fat



[Blackberry & granola parfait](#)  
172 cals



[Fruit juice](#)  
1/2 cup(s)- 57 cals

### Lunch

405 cals, 41g protein, 16g net carbs, 17g fat



[Roasted rosemary sweet potatoes](#)  
105 cals



[Baked chicken with tomatoes & olives](#)  
6 oz- 300 cals

### Dinner

460 cals, 58g protein, 30g net carbs, 11g fat



[Grilled chicken sandwich](#)  
1 sandwich(es)- 460 cals

## Day 2

1089 cals ● 97g protein (36%) ● 36g fat (30%) ● 73g carbs (27%) ● 20g fiber (7%)

### Breakfast

230 cals, 14g protein, 26g net carbs, 6g fat



[Blackberry & granola parfait](#)  
172 cals



[Fruit juice](#)  
1/2 cup(s)- 57 cals

### Lunch

405 cals, 41g protein, 16g net carbs, 17g fat



[Roasted rosemary sweet potatoes](#)  
105 cals



[Baked chicken with tomatoes & olives](#)  
6 oz- 300 cals

### Dinner

455 cals, 42g protein, 31g net carbs, 13g fat



[Simple kale & avocado salad](#)  
115 cals



[Mexican posole soup](#)  
340 cals

## Day 3

1119 cals ● 92g protein (33%) ● 47g fat (38%) ● 57g carbs (20%) ● 24g fiber (9%)

### Breakfast

185 cals, 14g protein, 5g net carbs, 12g fat



Scrambled eggs with kale, tomatoes, rosemary  
101 cals



String cheese  
1 stick(s)- 83 cals

### Lunch

480 cals, 36g protein, 21g net carbs, 23g fat



Lentils  
87 cals



Roasted broccoli  
98 cals



Chicken thighs and mushrooms  
3 oz- 295 cals

### Dinner

455 cals, 42g protein, 31g net carbs, 13g fat



Simple kale & avocado salad  
115 cals



Mexican posole soup  
340 cals

## Day 4

1022 cals ● 102g protein (40%) ● 48g fat (42%) ● 32g carbs (13%) ● 14g fiber (6%)

### Breakfast

185 cals, 14g protein, 5g net carbs, 12g fat



Scrambled eggs with kale, tomatoes, rosemary  
101 cals



String cheese  
1 stick(s)- 83 cals

### Lunch

480 cals, 36g protein, 21g net carbs, 23g fat



Lentils  
87 cals



Roasted broccoli  
98 cals



Chicken thighs and mushrooms  
3 oz- 295 cals

### Dinner

360 cals, 52g protein, 7g net carbs, 13g fat



Marinated chicken breast  
8 oz- 283 cals



Simple mixed greens and tomato salad  
76 cals

## Day 5

1026 cals ● 91g protein (36%) ● 40g fat (35%) ● 60g carbs (23%) ● 16g fiber (6%)

### Breakfast

200 cals, 13g protein, 5g net carbs, 12g fat



**Turkey fiesta omelet**  
163 cals



**Blackberries**  
1/2 cup(s)- 35 cals

### Lunch

450 cals, 41g protein, 32g net carbs, 15g fat



**Teriyaki chicken**  
4 oz- 190 cals



**Buttered broccoli**  
2/3 cup(s)- 89 cals



**Lentils**  
174 cals

### Dinner

375 cals, 37g protein, 22g net carbs, 13g fat



**Beets**  
4 beets- 96 cals



**Southwest meatloaf**  
1 meatloaves- 279 cals

## Day 6

1088 cals ● 97g protein (36%) ● 44g fat (36%) ● 63g carbs (23%) ● 14g fiber (5%)

### Breakfast

200 cals, 13g protein, 5g net carbs, 12g fat



**Turkey fiesta omelet**  
163 cals



**Blackberries**  
1/2 cup(s)- 35 cals

### Lunch

450 cals, 41g protein, 32g net carbs, 15g fat



**Teriyaki chicken**  
4 oz- 190 cals



**Buttered broccoli**  
2/3 cup(s)- 89 cals



**Lentils**  
174 cals

### Dinner

440 cals, 43g protein, 25g net carbs, 17g fat



**Bone both rice**  
92 cals



**Hungarian goulash**  
345 cals

Day 7

1039 calsgreen101g protein (39%)orange49g fat (43%)blue36g carbs (14%)grey12g fiber (5%)

Breakfast

200 calsgreen13g protein, 5g net carbs, 12g fat



Turkey fiesta omelet  
163 calsgreen



Blackberries  
1/2 cup(s)- 35 calsgreen

Dinner

440 calsgreen43g protein, 25g net carbs, 17g fat



Bone both rice  
92 calsgreen



Hungarian goulash  
345 calsgreen

Lunch

405 calsgreen45g protein, 6g net carbs, 20g fat



Broccoli  
2 cup(s)- 58 calsgreen



Ranch pork chops  
1 chop(s)- 345 calsgreen



## Fruits and Fruit Juices

- ☐ blackberries  
2 cup (270g)
- ☐ fruit juice  
8 fl oz (240mL)
- ☐ green olives  
12 large (53g)
- ☐ lemon  
1/2 small (29g)
- ☐ avocados  
1/2 avocado(s) (101g)

## Dairy and Egg Products

- ☐ lowfat greek yogurt  
3/4 cup (210g)
- ☐ eggs  
5 large (250g)
- ☐ string cheese  
2 stick (56g)
- ☐ butter  
1/4 stick (33g)
- ☐ cheese  
1 3/4 oz (49g)

## Breakfast Cereals

- ☐ granola  
6 tbsp (34g)

## Vegetables and Vegetable Products

- ☐ sweet potatoes  
2/3 sweetpotato, 5" long (140g)
- ☐ tomatoes  
3 medium whole (2-3/5" dia) (376g)
- ☐ kale leaves  
1/4 lbs (125g)
- ☐ frozen broccoli  
2 lbs (871g)
- ☐ mushrooms  
4 oz (113g)
- ☐ beets, precooked (canned or refrigerated)  
4 beets (2" dia, sphere) (200g)
- ☐ tomato paste  
1/4 can (6 oz) (43g)
- ☐ garlic  
1/4 clove (1g)
- ☐ onion  
3/4 medium (2-1/2" dia) (83g)

## Fats and Oils

- ☐ olive oil  
1 oz (35mL)
- ☐ oil  
1 1/4 oz (39mL)
- ☐ marinade sauce  
4 tbsp (60mL)
- ☐ salad dressing  
1 1/2 tbsp (23mL)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
2 1/4 lbs (1015g)
- ☐ chicken thighs, with bone and skin, raw  
1 thigh (6 oz ea) (170g)

## Baked Products

- ☐ kaiser rolls  
1 roll (3-1/2" dia) (57g)
- ☐ bread  
1/2 slice (16g)

## Other

- ☐ mixed greens  
1 3/4 cup (53g)
- ☐ stewed tomatoes with peppers and spices  
3/4 can (~15 oz) (315g)
- ☐ teriyaki sauce  
4 tbsp (60mL)
- ☐ chicken bone broth  
1/2 cup(s) (mL)
- ☐ ranch dressing mix  
1/8 packet (1 oz) (4g)

## Beverages

- ☐ water  
1/4 gallon (1114mL)

## Cereal Grains and Pasta

- ☐ white hominy  
3/4 can (15.5 oz) (330g)
- ☐ long-grain white rice  
4 tbsp (46g)

## Pork Products

## Spices and Herbs

- ☐ rosemary, dried  
1 1/2 g (1g)
- ☐ salt  
1/2 oz (14g)
- ☐ black pepper  
3 g (3g)
- ☐ chili powder  
2 tsp (6g)
- ☐ fresh basil  
12 leaves (6g)
- ☐ dijon mustard  
1/2 tbsp (8g)
- ☐ chipotle seasoning  
1/2 tbsp (3g)
- ☐ balsamic vinegar  
1 tsp (5mL)
- ☐ garlic powder  
5 dash (2g)
- ☐ onion powder  
4 dash (1g)
- ☐ paprika  
1/2 tbsp (3g)

- ☐ pork tenderloin, raw  
3/4 lbs (340g)
- ☐ pork loin chops, boneless, raw  
1 chop (185g)

## Legumes and Legume Products

- ☐ lentils, raw  
3/4 cup (144g)

## Beef Products

- ☐ ground beef (93% lean)  
5 oz (142g)
- ☐ beef stew meat, raw  
3/4 lbs (341g)

## Soups, Sauces, and Gravies

- ☐ salsa  
3 tbsp (54g)

## Sausages and Luncheon Meats

- ☐ turkey cold cuts  
3 slice (45g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Blackberry & granola parfait

172 cals ● 13g protein ● 6g fat ● 13g carbs ● 3g fiber



For single meal:

**blackberries, roughly chopped**

3 tbsp (27g)

**lowfat greek yogurt**

6 tbsp (105g)

**granola**

3 tbsp (17g)

For all 2 meals:

**blackberries, roughly chopped**

6 tbsp (54g)

**lowfat greek yogurt**

3/4 cup (210g)

**granola**

6 tbsp (34g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

### Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

**fruit juice**

4 fl oz (120mL)

For all 2 meals:

**fruit juice**

8 fl oz (240mL)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Scrambled eggs with kale, tomatoes, rosemary

101 cals ● 7g protein ● 6g fat ● 3g carbs ● 1g fiber



For single meal:

**kale leaves**

1/2 cup, chopped (20g)

**eggs**

1 large (50g)

**tomatoes**

4 tbsp, chopped (45g)

**rosemary, dried**

1 dash (0g)

**balsamic vinegar**

1/2 tsp (3mL)

**water**

1 1/2 tbsp (23mL)

**oil**

1/4 tsp (1mL)

For all 2 meals:

**kale leaves**

1 cup, chopped (40g)

**eggs**

2 large (100g)

**tomatoes**

1/2 cup, chopped (90g)

**rosemary, dried**

2 dash (0g)

**balsamic vinegar**

1 tsp (5mL)

**water**

3 tbsp (45mL)

**oil**

1/2 tsp (3mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

### String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

**string cheese**

1 stick (28g)

For all 2 meals:

**string cheese**

2 stick (56g)

1. This recipe has no instructions.



## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

### Turkey fiesta omelet

163 cals ● 12g protein ● 12g fat ● 2g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)  
**butter**  
4 dash (2g)  
**cheese**  
2 tbsp, shredded (14g)  
**salsa**  
1 tbsp (18g)  
**turkey cold cuts, chopped**  
1 slice (15g)

For all 3 meals:

**eggs**  
3 large (150g)  
**butter**  
1/2 tbsp (7g)  
**cheese**  
6 tbsp, shredded (42g)  
**salsa**  
3 tbsp (54g)  
**turkey cold cuts, chopped**  
3 slice (45g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat butter in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. When top surface of eggs is thickened and no visible liquid egg remains, place fillings on one side of the omelet.
7. Fold omelet in half and slide onto a plate.

### Blackberries

1/2 cup(s) - 35 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

**blackberries**  
1/2 cup (72g)

For all 3 meals:

**blackberries**  
1 1/2 cup (216g)

1. Rinse blackberries and serve.

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Roasted rosemary sweet potatoes

105 cals ● 1g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

**sweet potatoes, cut into 1" cubes**

1/3 sweetpotato, 5" long (70g)

**rosemary, dried**

4 dash (1g)

**olive oil**

1 tsp (5mL)

**salt**

1 1/3 dash (1g)

**black pepper**

1 1/3 dash, ground (0g)

For all 2 meals:

**sweet potatoes, cut into 1" cubes**

2/3 sweetpotato, 5" long (140g)

**rosemary, dried**

1 tsp (1g)

**olive oil**

2 tsp (10mL)

**salt**

1/3 tsp (2g)

**black pepper**

1/3 tsp, ground (1g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

### 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.

## Lunch 2 [↗](#)

Eat on day 3, day 4

### Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



For single meal:

**salt**  
1/4 dash (0g)  
**water**  
1/2 cup(s) (119mL)  
**lentils, raw, rinsed**  
2 tbsp (24g)

For all 2 meals:

**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.

### Roasted broccoli

98 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



For single meal:

**frozen broccoli**  
1 package (284g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**garlic powder**  
2 dash (1g)  
**onion powder**  
2 dash (1g)

For all 2 meals:

**frozen broccoli**  
2 package (568g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**garlic powder**  
4 dash (2g)  
**onion powder**  
4 dash (1g)

1. Preheat oven to 375°F.
2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

### Chicken thighs and mushrooms

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



For single meal:

**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)

For all 2 meals:

**olive oil**  
1 tbsp (15mL)  
**mushrooms, sliced 1/4 in thick**  
4 oz (113g)  
**salt**  
1 dash (0g)  
**water**  
1/4 cup(s) (59mL)  
**butter**  
1/2 tbsp (7g)  
**black pepper**  
1 dash (0g)  
**chicken thighs, with bone and skin, raw**  
1 thigh (6 oz ea) (170g)

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.

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## Lunch 3 [🔗](#)

Eat on day 5, day 6

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### Teriyaki chicken

4 oz - 190 cals ● 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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## Buttered broccoli

2/3 cup(s) - 89 cals ● 2g protein ● 8g fat ● 1g carbs ● 2g fiber



For single meal:

**black pepper**

1/3 dash (0g)

**salt**

1/3 dash (0g)

**frozen broccoli**

2/3 cup (61g)

**butter**

2 tsp (9g)

For all 2 meals:

**black pepper**

2/3 dash (0g)

**salt**

2/3 dash (0g)

**frozen broccoli**

1 1/3 cup (121g)

**butter**

4 tsp (19g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

## Lentils

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



For single meal:

**salt**

1/2 dash (0g)

**water**

1 cup(s) (237mL)

**lentils, raw, rinsed**

4 tbsp (48g)

For all 2 meals:

**salt**

1 dash (1g)

**water**

2 cup(s) (474mL)

**lentils, raw, rinsed**

1/2 cup (96g)

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.

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## Lunch 4 [↗](#)

Eat on day 7

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### Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

**frozen broccoli**

2 cup (182g)

1. Prepare according to instructions on package.

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## Ranch pork chops

1 chop(s) - 345 cals ● 40g protein ● 20g fat ● 2g carbs ● 0g fiber



Makes 1 chop(s)

**ranch dressing mix**

1/8 packet (1 oz) (4g)

**oil**

1/2 tbsp (8mL)

**pork loin chops, boneless, raw**

1 chop (185g)

1. Preheat oven to 400 F (200 C).
2. Spread oil evenly over all pork chops.
3. Sprinkle ranch mix powder over all sides of the pork chops and rub in until chops are fully coated.
4. Place chops in a baking dish and cook for 10-15 minutes or until pork is fully cooked.
5. Serve!

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## Dinner 1 [🔗](#)

Eat on day 1

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### Grilled chicken sandwich

1 sandwich(es) - 460 cals ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber



Makes 1 sandwich(es)

**oil**

1/2 tsp (3mL)

**kaiser rolls**

1 roll (3-1/2" dia) (57g)

**dijon mustard**

1/2 tbsp (8g)

**mixed greens**

4 tbsp (8g)

**tomatoes**

3 slice(s), thin/small (45g)

**boneless skinless chicken breast, raw**

1/2 lbs (227g)

1. Season chicken with some salt and pepper.
  2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
  3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
  4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.
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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Simple kale & avocado salad

115 cal ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

**kale leaves, chopped**  
1/4 bunch (43g)  
**lemon, juiced**  
1/4 small (15g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

For all 2 meals:

**kale leaves, chopped**  
1/2 bunch (85g)  
**lemon, juiced**  
1/2 small (29g)  
**avocados, chopped**  
1/2 avocado(s) (101g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

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### Mexican posole soup

340 cal ● 40g protein ● 5g fat ● 27g carbs ● 7g fiber



For single meal:

**water**  
3/8 cup(s) (89mL)  
**white hominy, undrained**  
3/8 can (15.5 oz) (165g)  
**pork tenderloin, raw, trimmed, cut into bite-sized pieces**  
6 oz (170g)  
**chipotle seasoning**  
1/4 tbsp (2g)  
**stewed tomatoes with peppers and spices, undrained**  
3/8 can (~15 oz) (158g)

For all 2 meals:

**water**  
3/4 cup(s) (178mL)  
**white hominy, undrained**  
3/4 can (15.5 oz) (330g)  
**pork tenderloin, raw, trimmed, cut into bite-sized pieces**  
3/4 lbs (340g)  
**chipotle seasoning**  
1/2 tbsp (3g)  
**stewed tomatoes with peppers and spices, undrained**  
3/4 can (~15 oz) (315g)

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.
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## Dinner 3 [↗](#)

Eat on day 4

### Marinated chicken breast

8 oz - 283 cals ● 50g protein ● 8g fat ● 1g carbs ● 0g fiber



Makes 8 oz

**boneless skinless chicken breast, raw**

1/2 lbs (224g)

**marinade sauce**

4 tbsp (60mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

### 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.



## Dinner 4 [🔗](#)

Eat on day 5

### Beets

4 beets - 96 cal ● 3g protein ● 0g fat ● 16g carbs ● 4g fiber



Makes 4 beets

**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.

### Southwest meatloaf

1 meatloaves - 279 cal ● 33g protein ● 13g fat ● 6g carbs ● 1g fiber



Makes 1 meatloaves

**cheese**

1 tbsp, shredded (7g)

**chili powder**

1 dash (0g)

**ground beef (93% lean)**

5 oz (142g)

**bread**

1/2 slice (16g)

**water**

1 tbsp (15mL)

**garlic powder**

1 dash (0g)

1. Preheat oven to 425°F (220°C).
2. In a medium bowl, soak the bread in the water. Break it up with your hands until it becomes pasty.
3. Add beef, garlic powder, chili powder and some salt and pepper to the bowl. Mix gently until combined.
4. Form beef mixture into small loaves (use number of loaves listed in the recipe details).
5. Place meat loaves on a baking sheet. Bake until meat loaves are browned and cooked through, 15-18 minutes.
6. Carefully top the meat loaves with shredded cheese. Return sheet to the oven until cheese melts, 1-2 minutes more. Serve.

## Dinner 5 [🔗](#)

Eat on day 6, day 7

### Bone both rice

92 cals ● 4g protein ● 0g fat ● 18g carbs ● 0g fiber



For single meal:

**chicken bone broth**  
1/4 cup(s) (mL)  
**long-grain white rice**  
2 tbsp (23g)

For all 2 meals:

**chicken bone broth**  
1/2 cup(s) (mL)  
**long-grain white rice**  
4 tbsp (46g)

1. In a saucepan with a good fitting lid bring bone broth 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! The steam that is trapped inside the pan is what allows the rice to cook properly.
6. Remove from heat and fluff with fork, season with salt and pepper to taste, and serve.

### Hungarian goulash

345 cals ● 39g protein ● 17g fat ● 7g carbs ● 2g fiber



For single meal:

**paprika, preferably Hungarian sweet paprika**  
1/4 tbsp (2g)  
**tomato paste**  
1/8 can (6 oz) (21g)  
**garlic, minced**  
1/8 clove (0g)  
**water**  
1/6 cup(s) (44mL)  
**beef stew meat, raw, cut into 1.5 inch cubes**  
6 oz (170g)  
**black pepper**  
1/2 dash, ground (0g)  
**salt**  
3 dash (2g)  
**onion, sliced**  
3/8 medium (2-1/2" dia) (41g)  
**oil**  
2 tsp (10mL)

For all 2 meals:

**paprika, preferably Hungarian sweet paprika**  
1/2 tbsp (3g)  
**tomato paste**  
1/4 can (6 oz) (43g)  
**garlic, minced**  
1/4 clove (1g)  
**water**  
3/8 cup(s) (89mL)  
**beef stew meat, raw, cut into 1.5 inch cubes**  
3/4 lbs (341g)  
**black pepper**  
1 dash, ground (0g)  
**salt**  
1/4 tbsp (5g)  
**onion, sliced**  
3/4 medium (2-1/2" dia) (83g)  
**oil**  
4 tsp (20mL)

1. Heat oil in a large pot or Dutch oven over medium heat. Cook onions in oil until soft, stirring frequently. Remove onions and set aside.
2. In a medium bowl, combine paprika, pepper, and half the salt. Coat beef cubes in spice mixture, and cook in onion pot until brown on all sides. Return the onions to the pot, and pour in tomato paste, water, garlic and the remaining salt. Reduce heat to low, cover and simmer, stirring occasionally, 1 1/2 to 2 hours, or until meat is tender.

