

Meal Plan - Meal plan with under 80g carbs



[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

1479 cals ● 79g protein (21%) ● 97g fat (59%) ● 56g carbs (15%) ● 16g fiber (4%)

Breakfast

295 cals, 20g protein, 13g net carbs, 17g fat



[Scrambled eggs with kale, tomatoes, rosemary](#)
219 cals



[Milk](#)
1/2 cup(s)- 75 cals

Snacks

195 cals, 5g protein, 22g net carbs, 7g fat



[Sunflower seeds](#)
90 cals



[Apple](#)
1 apple(s)- 105 cals

Lunch

460 cals, 15g protein, 18g net carbs, 34g fat



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals



[Pecans](#)
1/4 cup- 183 cals



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

Dinner

525 cals, 40g protein, 4g net carbs, 38g fat



[Steak Bites](#)
6 2/3 oz(s)- 469 cals



[Roasted brussels sprouts](#)
58 cals

Day 2

1480 cals ● 69g protein (19%) ● 92g fat (56%) ● 71g carbs (19%) ● 22g fiber (6%)

Breakfast

295 cals, 20g protein, 13g net carbs, 17g fat



[Scrambled eggs with kale, tomatoes, rosemary](#)
219 cals



[Milk](#)
1/2 cup(s)- 75 cals

Snacks

195 cals, 5g protein, 22g net carbs, 7g fat



[Sunflower seeds](#)
90 cals



[Apple](#)
1 apple(s)- 105 cals

Lunch

480 cals, 31g protein, 20g net carbs, 29g fat



[Simple cobb salad](#)
390 cals



[Crackers](#)
5 1/3 cracker(s)- 90 cals

Dinner

510 cals, 14g protein, 17g net carbs, 38g fat



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



[Sausage & apple stuffing](#)
281 cals

Day 3

1479 cals ● 113g protein (30%) ● 82g fat (50%) ● 60g carbs (16%) ● 13g fiber (3%)

Breakfast

295 cals, 20g protein, 13g net carbs, 17g fat



Scrambled eggs with kale, tomatoes, rosemary
219 cals



Milk
1/2 cup(s)- 75 cals

Snacks

210 cals, 6g protein, 18g net carbs, 12g fat



Small toasted bagel with butter
1/2 bagel(s)- 120 cals



Walnuts
1/8 cup(s)- 87 cals

Lunch

460 cals, 36g protein, 11g net carbs, 26g fat



Ham club lettuce wrap
1 1/2 wrap(s)- 351 cals



Mixed nuts
1/8 cup(s)- 109 cals

Dinner

520 cals, 52g protein, 18g net carbs, 26g fat



Ranch chicken
8 oz- 461 cals



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

Day 4

1462 cals ● 109g protein (30%) ● 80g fat (49%) ● 62g carbs (17%) ● 14g fiber (4%)

Breakfast

275 cals, 16g protein, 15g net carbs, 16g fat



Toast with butter
1 slice(s)- 114 cals



Basic scrambled eggs
2 egg(s)- 142 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Snacks

210 cals, 6g protein, 18g net carbs, 12g fat



Small toasted bagel with butter
1/2 bagel(s)- 120 cals



Walnuts
1/8 cup(s)- 87 cals

Lunch

460 cals, 36g protein, 11g net carbs, 26g fat



Ham club lettuce wrap
1 1/2 wrap(s)- 351 cals



Mixed nuts
1/8 cup(s)- 109 cals

Dinner

520 cals, 52g protein, 18g net carbs, 26g fat



Ranch chicken
8 oz- 461 cals



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

Day 5

1489 cals ● 104g protein (28%) ● 79g fat (48%) ● 72g carbs (19%) ● 19g fiber (5%)

Breakfast

275 cals, 16g protein, 15g net carbs, 16g fat



Toast with butter
1 slice(s)- 114 cals



Basic scrambled eggs
2 egg(s)- 142 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Snacks

210 cals, 6g protein, 18g net carbs, 12g fat



Small toasted bagel with butter
1/2 bagel(s)- 120 cals



Walnuts
1/8 cup(s)- 87 cals

Lunch

505 cals, 28g protein, 32g net carbs, 25g fat



Fish taco
1 tortilla(s)- 389 cals



Simple kale & avocado salad
115 cals

Dinner

500 cals, 54g protein, 7g net carbs, 27g fat



Garlic zucchini noodles
204 cals



Lemon pepper chicken breast
8 oz- 296 cals

Day 6

1442 cals ● 117g protein (32%) ● 82g fat (51%) ● 47g carbs (13%) ● 12g fiber (3%)

Breakfast

215 cals, 16g protein, 7g net carbs, 13g fat



Boiled eggs
2 egg(s)- 139 cals



Milk
1/2 cup(s)- 75 cals

Snacks

190 cals, 18g protein, 5g net carbs, 10g fat



Cherry tomatoes
9 cherry tomatoes- 32 cals



Ham, cheese, and spinach pockets
3 pocket(s)- 158 cals

Lunch

540 cals, 28g protein, 28g net carbs, 32g fat



Tomato and avocado salad
117 cals



Ham and cheese club wrap
1 wrap(s)- 422 cals

Dinner

500 cals, 54g protein, 7g net carbs, 27g fat



Garlic zucchini noodles
204 cals



Lemon pepper chicken breast
8 oz- 296 cals

Day 7

1471 cals ● 131g protein (36%) ● 77g fat (47%) ● 52g carbs (14%) ● 11g fiber (3%)

Breakfast

215 cals, 16g protein, 7g net carbs, 13g fat



Boiled eggs

2 egg(s)- 139 cals



Milk

1/2 cup(s)- 75 cals

Snacks

190 cals, 18g protein, 5g net carbs, 10g fat



Cherry tomatoes

9 cherry tomatoes- 32 cals



Ham, cheese, and spinach pockets

3 pocket(s)- 158 cals

Lunch

540 cals, 28g protein, 28g net carbs, 32g fat



Tomato and avocado salad

117 cals



Ham and cheese club wrap

1 wrap(s)- 422 cals

Dinner

530 cals, 68g protein, 12g net carbs, 22g fat



Roasted rosemary sweet potatoes

105 cals



Basic chicken breast

10 2/3 oz- 423 cals

Nut and Seed Products

- ☐ sunflower kernels
1 oz (28g)
- ☐ pecans
1 oz (29g)
- ☐ mixed nuts
4 tbsp (34g)
- ☐ walnuts
6 tbsp, shelled (38g)

Fruits and Fruit Juices

- ☐ apples
2 medium (3" dia) (387g)
- ☐ lemon
3/4 small (44g)
- ☐ avocados
2 1/4 avocado(s) (452g)
- ☐ fruit juice
8 fl oz (240mL)
- ☐ limes
1/4 fruit (2" dia) (17g)
- ☐ lime juice
1 tbsp (15mL)

Dairy and Egg Products

- ☐ butter
1/4 stick (33g)
- ☐ sliced cheese
1 slice (1 oz ea) (28g)
- ☐ eggs
17 medium (756g)
- ☐ whole milk
2 1/2 cup (600mL)
- ☐ blue cheese
4 tbsp, crumbled, not packed (34g)
- ☐ cheese
10 tbsp, shredded (70g)

Fats and Oils

- ☐ oil
1 1/2 oz (48mL)
- ☐ olive oil
4 tbsp (57mL)
- ☐ balsamic vinaigrette
2 tbsp (31mL)
- ☐ ranch dressing
4 tbsp (60mL)

Beef Products

- ☐ sirloin steak, raw
6 3/4 oz (189g)

Spices and Herbs

- ☐ salt
4 dash (3g)
- ☐ black pepper
1/2 tsp, ground (1g)
- ☐ balsamic vinegar
1 tbsp (15mL)
- ☐ rosemary, dried
1 1/2 g (1g)
- ☐ dijon mustard
1 1/2 tbsp (23g)
- ☐ lemon pepper
1 tbsp (7g)
- ☐ cajun seasoning
2 tsp (5g)
- ☐ garlic powder
2 dash (1g)

Baked Products

- ☐ bread
3 slice (96g)
- ☐ crackers
5 1/3 crackers (19g)
- ☐ corn bread stuffing, seasoned
3/4 oz (21g)
- ☐ bagel
1 1/2 small bagel (3" dia) (104g)
- ☐ flour tortillas
3 tortilla (approx 7-8" dia) (147g)

Beverages

- ☐ water
1/2 cup (135mL)

Sausages and Luncheon Meats

- ☐ ham cold cuts
1 3/4 lbs (790g)
- ☐ pork sausage, raw
2 oz (57g)

Soups, Sauces, and Gravies

☐ mayonnaise
2 tbsp (30mL)

☐ chicken broth
1/6 cup(s) (mL)

Vegetables and Vegetable Products

- ☐ garlic
2 clove(s) (6g)
- ☐ brussels sprouts
2 oz (57g)
- ☐ tomatoes
9 3/4 medium whole (2-3/5" dia) (1202g)
- ☐ kale leaves
1/2 lbs (248g)
- ☐ romaine lettuce
3/8 head (237g)
- ☐ onion
1 medium (2-1/2" dia) (123g)
- ☐ zucchini
2 1/2 medium (490g)
- ☐ cabbage
2 tbsp, shredded (9g)
- ☐ fresh spinach
30 leaves (30g)
- ☐ sweet potatoes
1/3 sweetpotato, 5" long (70g)

Other

☐ ranch dressing mix
1/2 packet (1 oz) (14g)

Poultry Products

☐ boneless skinless chicken breast, raw
2 2/3 lbs (1195g)

Finfish and Shellfish Products

☐ cod, raw
1 4oz fillet(s) (113g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Scrambled eggs with kale, tomatoes, rosemary

219 cals ● 16g protein ● 13g fat ● 7g carbs ● 2g fiber



For single meal:

water
3 tbsp (45mL)
balsamic vinegar
1 tsp (5mL)
rosemary, dried
2 dash (0g)
tomatoes
1/2 cup, chopped (90g)
eggs
2 extra large (112g)
kale leaves
1 cup, chopped (40g)
oil
1/2 tsp (3mL)

For all 3 meals:

water
1/2 cup (135mL)
balsamic vinegar
1 tbsp (15mL)
rosemary, dried
1/4 tbsp (1g)
tomatoes
1 1/2 cup, chopped (270g)
eggs
6 extra large (336g)
kale leaves
3 cup, chopped (120g)
oil
1/2 tbsp (8mL)

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.

Milk

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



For single meal:

whole milk
1/2 cup (120mL)

For all 3 meals:

whole milk
1 1/2 cup (360mL)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

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.

Basic scrambled eggs

2 egg(s) - 142 cals ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1/2 tsp (3mL)

eggs

2 medium (88g)

For all 2 meals:

oil

1 tsp (5mL)

eggs

4 medium (176g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

tomatoes

12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, 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.

Milk

1/2 cup(s) - 75 cals ● 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.
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Lunch 1 [🔗](#)

Eat on day 1

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



Makes 9 cherry tomatoes

tomatoes

9 cherry tomatoes (153g)

1. Rinse tomatoes, remove any stems, and serve.

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

pecans

4 tbsp, halves (25g)

1. This recipe has no instructions.

Grilled cheese sandwich

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



Makes 1/2 sandwich(es)

bread

1 slice (32g)

butter

1/2 tbsp (7g)

sliced cheese

1 slice (1 oz ea) (28g)

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.
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Lunch 2 [🔗](#)

Eat on day 2

Simple cobb salad

390 cals ● 29g protein ● 25g fat ● 8g carbs ● 3g fiber



ham cold cuts, shredded

3 oz (85g)

eggs, hard boiled and quartered

1 medium (44g)

romaine lettuce

3 cup shredded (141g)

blue cheese

4 tbsp, crumbled, not packed (34g)

tomatoes

4 tbsp cherry tomatoes (37g)

balsamic vinaigrette

2 tbsp (30mL)

1. Mix ingredients together in a large bowl.
2. Dress when ready to serve.

Crackers

5 1/3 cracker(s) - 90 cals ● 1g protein ● 4g fat ● 12g carbs ● 1g fiber



Makes 5 1/3 cracker(s)

crackers

5 1/3 crackers (19g)

1. Enjoy.

Lunch 3 [🔗](#)

Eat on day 3, day 4

Ham club lettuce wrap

1 1/2 wrap(s) - 351 cals ● 32g protein ● 17g fat ● 8g carbs ● 8g fiber



For single meal:

dijon mustard

3/4 tbsp (11g)

romaine lettuce

1 1/2 leaf outer (42g)

ham cold cuts

6 oz (170g)

onion

6 slices, thin (54g)

avocados, sliced

3/8 avocado(s) (75g)

tomatoes

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

For all 2 meals:

dijon mustard

1 1/2 tbsp (23g)

romaine lettuce

3 leaf outer (84g)

ham cold cuts

3/4 lbs (340g)

onion

12 slices, thin (108g)

avocados, sliced

3/4 avocado(s) (151g)

tomatoes

6 slice(s), thin/small (90g)

1. Spread the dijon on the inside of the lettuce leaf.
2. Place the ham, tomato, onion, and avocado on the mustard.
3. Wrap up the leaf. Serve.

Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

mixed nuts
2 tbsp (17g)

For all 2 meals:

mixed nuts
4 tbsp (34g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 5

Fish taco

1 tortilla(s) - 389 cals ● 26g protein ● 17g fat ● 27g carbs ● 6g fiber



Makes 1 tortilla(s)

flour tortillas

1 tortilla (approx 7-8" dia) (49g)

cod, raw

1 4oz fillet(s) (113g)

avocados, mashed

1/4 avocado(s) (50g)

cabbage

2 tbsp, shredded (9g)

cajun seasoning

2 tsp (5g)

limes

1/4 fruit (2" dia) (17g)

oil

1 tsp (5mL)

1. Preheat oven to 400 F (200 C).
2. Spray an sheet pan with non-stick spray.
3. Spread oil over all sides of fish and sprinkle cajun seasoning all over.
4. Place on sheet pan and bake for 12-15 minutes.
5. Meanwhile, mash an avocado and add a little lime juice and salt/pepper to taste.
6. Heat up a tortilla on a skillet or in the microwave.
7. When fish is done, transfer to tortilla and top with avocado, cabbage, and lime garnish.
8. Serve.
9. For leftovers: Store extra fish in an airtight container in fridge. Reheat and assemble taco.

Simple kale & avocado salad

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



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

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.

Lunch 5 [🔗](#)

Eat on day 6, day 7

Tomato and avocado salad

117 cal ● 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.

Ham and cheese club wrap

1 wrap(s) - 422 cal ● 27g protein ● 23g fat ● 25g carbs ● 2g fiber



For single meal:

- mayonnaise**
1 tbsp (15mL)
- romaine lettuce**
1 leaf inner (6g)
- ham cold cuts**
4 oz (113g)
- flour tortillas**
1 tortilla (approx 7-8" dia) (49g)
- tomatoes**
2 slice, medium (1/4" thick) (40g)
- cheese**
2 tbsp, shredded (14g)

For all 2 meals:

- mayonnaise**
2 tbsp (30mL)
- romaine lettuce**
2 leaf inner (12g)
- ham cold cuts**
1/2 lbs (227g)
- flour tortillas**
2 tortilla (approx 7-8" dia) (98g)
- tomatoes**
4 slice, medium (1/4" thick) (80g)
- cheese**
4 tbsp, shredded (28g)

1. Build the wrap to your liking.

Snacks 1 [🔗](#)

Eat on day 1, day 2

Sunflower seeds

90 cal● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

- sunflower kernels**
1/2 oz (14g)

For all 2 meals:

- sunflower kernels**
1 oz (28g)

1. This recipe has no instructions.

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.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Small toasted bagel with butter

1/2 bagel(s) - 120 cals ● 4g protein ● 4g fat ● 18g carbs ● 1g fiber



For single meal:

butter

1/4 tbsp (4g)

bagel

1/2 small bagel (3" dia) (35g)

For all 3 meals:

butter

3/4 tbsp (11g)

bagel

1 1/2 small bagel (3" dia) (104g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

2 tbsp, shelled (13g)

For all 3 meals:

walnuts

6 tbsp, shelled (38g)

1. This recipe has no instructions.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Cherry tomatoes

9 cherry tomatoes - 32 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes

9 cherry tomatoes (153g)

For all 2 meals:

tomatoes

18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.

Ham, cheese, and spinach pockets

3 pocket(s) - 158 cal ● 17g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

fresh spinach

15 leaves (15g)

cheese

3 tbsp, shredded (21g)

ham cold cuts

3 slice (69g)

For all 2 meals:

fresh spinach

30 leaves (30g)

cheese

6 tbsp, shredded (42g)

ham cold cuts

6 slice (138g)

1. Lay a slice of ham down flat.
 2. Put a tbsp of cheese and about 5 leaves of spinach on one half of the slice.
 3. Fold the other half over.
 4. You can eat as is, or heat up a skillet and fry each side of the pocket for a minute or two until warmed and lightly browned.
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Dinner 1 [🔗](#)

Eat on day 1

Steak Bites

6 2/3 oz(s) - 469 cal ● 39g protein ● 35g fat ● 1g carbs ● 0g fiber



Makes 6 2/3 oz(s)

butter, room-temperature

1 1/4 tsp (6g)

oil

1 1/4 tsp (6mL)

garlic, diced

5/6 clove(s) (3g)

sirloin steak, raw

6 2/3 oz (189g)

1. In a small bowl, mash butter and garlic together until creamy. Set aside.
2. Cube steak into 1 inch sized cubes and season with a dash of salt and pepper.
3. Heat skillet with oil. Once hot, add steak cubes and let cook for about 3 minutes without stirring to allow steak to sear. Once the few minutes is up, stir steak and continue cooking about 3-5 more minutes until steak is cooked to your liking.
4. When steak is just about done, reduce heat to low and add in garlic butter. Let melt and stir around to coat the steak. Serve.

Roasted brussels sprouts

58 cal ● 2g protein ● 3g fat ● 3g carbs ● 2g fiber



brussels sprouts

2 oz (57g)

olive oil

1/4 tbsp (4mL)

salt

1/2 dash (0g)

black pepper

1/3 dash, ground (0g)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

Dinner 2 [↗](#)

Eat on day 2

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



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.

Sausage & apple stuffing

281 cals ● 9g protein ● 23g fat ● 7g carbs ● 2g fiber



pecans

2 tsp, chopped (5g)

pork sausage, raw

2 oz (57g)

apples, coarsely chopped

1/8 medium (3" dia) (23g)

chicken broth

1/6 cup(s) (mL)

corn bread stuffing, seasoned

3/4 oz (21g)

1. Place pecans in a small skillet and cook them over medium heat for a minute or two until lightly toasted, stirring frequently. Set aside.
 2. Place sausage (if sausage is in casings, discard the casings and only cook the meat, breaking it apart) in a large skillet and cook over high heat for about 10 minutes, until no longer pink. Pour off any liquid.
 3. In a saucepan, add the chicken broth, apple, and seasoning packet from the stuffing (if there is one) and bring to a boil.
 4. Remove broth from heat and stir in the stuffing mix. Cover and let stand 3-5 minutes.
 5. Stir sausage into stuffing.
 6. When serving, top with the toasted pecans.
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Dinner 3 [🔗](#)

Eat on day 3, day 4

Ranch chicken

8 oz - 461 cal ● 51g protein ● 26g fat ● 5g carbs ● 0g fiber



For single meal:

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)

For all 2 meals:

ranch dressing mix

1/2 packet (1 oz) (14g)

oil

1 tbsp (15mL)

boneless skinless chicken breast, raw

1 lbs (448g)

ranch dressing

4 tbsp (60mL)

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.

Fruit juice

1/2 cup(s) - 57 cal ● 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.

Dinner 4 [🔗](#)

Eat on day 5, day 6

Garlic zucchini noodles

204 cals ● 3g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

olive oil
1 1/4 tbsp (19mL)
zucchini
1 1/4 medium (245g)
garlic, minced
5/8 clove (2g)

For all 2 meals:

olive oil
2 1/2 tbsp (38mL)
zucchini
2 1/2 medium (490g)
garlic, minced
1 1/4 clove (4g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high. Add the garlic and cook for a minute or two.
3. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes.
4. Remove from heat and serve.

Lemon pepper chicken breast

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



For single meal:

lemon pepper
1/2 tbsp (3g)
olive oil
1/4 tbsp (4mL)
boneless skinless chicken breast, raw
1/2 lbs (224g)

For all 2 meals:

lemon pepper
1 tbsp (7g)
olive oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1 lbs (448g)

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.

Dinner 5 [🔗](#)

Eat on day 7

Roasted rosemary sweet potatoes

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



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)

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.

Basic chicken breast

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



Makes 10 2/3 oz

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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