Meal Plan - Meal plan with under 90g 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

1490 cals 109g protein (29%) 80g fat (48%) 74g carbs (20%) 10g fiber (3%)

Breakfast

275 cals, 25g protein, 1g net carbs, 19g fat

Boiled eggs
4 egg(s)- 277 cals

Snacks

135 cals, 2g protein, 18g net carbs, 6g fat

Crackers
8 cracker(s)- 135 cals

Lunch

550 cals, 38g protein, 26g net carbs, 31g fat

Simple ham and cheese sandwich
1 sandwich(es)- 549 cals

Dinner

530 cals, 44g protein, 28g net carbs, 24g fat

Cajun cod
6 oz- 187 cals

Baked potato with toppings
1/2 large potato(es)- 189 cals

Cheese
1 1/3 oz- 153 cals

Day 2

1456 cals 92g protein (25%) 84g fat (52%) 76g carbs (21%) 7g fiber (2%)

Breakfast

275 cals, 25g protein, 1g net carbs, 19g fat

Boiled eggs
4 egg(s)- 277 cals

Snacks

135 cals, 2g protein, 18g net carbs, 6g fat

Crackers
8 cracker(s)- 135 cals

Lunch

550 cals, 38g protein, 26g net carbs, 31g fat

Simple ham and cheese sandwich
1 sandwich(es)- 549 cals

Dinner

495 cals, 27g protein, 31g net carbs, 29g fat

Ground turkey tacos
1 taco(s)- 234 cals

Milk
1 3/4 cup(s)- 261 cals

Day 3

1490 cals 55g protein (15%) 95g fat (58%) 87g carbs (23%) 16g fiber (4%)

Breakfast

235 cals, 16g protein, 7g net carbs, 16g fat

Milk
1/2 cup(s)- 75 cals

Basic scrambled eggs
2 egg(s)- 159 cals

Snacks

135 cals, 2g protein, 18g net carbs, 6g fat

Crackers
8 cracker(s)- 135 cals

Lunch

580 cals, 19g protein, 30g net carbs, 40g fat

Clam chowder
1 can(s)- 364 cals

Mixed nuts
1/4 cup(s)- 218 cals

Dinner

540 cals, 17g protein, 32g net carbs, 34g fat

Curried lentils
362 cals

Buttered broccoli
1 1/3 cup(s)- 178 cals

Day 4

1559 cals 69g protein (18%) 101g fat (58%) 78g carbs (20%) 16g fiber (4%)

Breakfast

235 cals, 16g protein, 7g net carbs, 16g fat

Milk
1/2 cup(s)- 75 cals

Basic scrambled eggs
2 egg(s)- 159 cals

Snacks

205 cals, 17g protein, 9g net carbs, 11g fat

Cucumber sandwich bites
2 bite(s)- 189 cals

Cucumber slices
1/4 cucumber- 15 cals

Lunch

580 cals, 19g protein, 30g net carbs, 40g fat

Clam chowder
1 can(s)- 364 cals

Mixed nuts
1/4 cup(s)- 218 cals

Dinner

540 cals, 17g protein, 32g net carbs, 34g fat

Curried lentils
362 cals

Buttered broccoli
1 1/3 cup(s)- 178 cals

Day 5

1473 cals 132g protein (36%) 68g fat (42%) 77g carbs (21%) 5g fiber (1%)

Breakfast

235 cals, 16g protein, 7g net carbs, 16g fat

Milk
1/2 cup(s)- 75 cals

Basic scrambled eggs
2 egg(s)- 159 cals

Snacks

205 cals, 17g protein, 9g net carbs, 11g fat

Cucumber sandwich bites
2 bite(s)- 189 cals

Cucumber slices
1/4 cucumber- 15 cals

Lunch

530 cals, 58g protein, 29g net carbs, 19g fat

Kefir
150 cals

Basic chicken & spinach salad
380 cals

Dinner

505 cals, 41g protein, 33g net carbs, 22g fat

Fruit juice
1 cup(s)- 115 cals

Simple mozzarella and tomato salad
242 cals

Lemon pepper chicken breast
4 oz- 148 cals

Day 6

1455 cals 111g protein (30%) 70g fat (43%) 81g carbs (22%) 14g fiber (4%)

Breakfast

290 cals, 21g protein, 10g net carbs, 18g fat

Scrambled eggs with veggies and ham
232 cals

Toast with butter
1/2 slice(s)- 57 cals

Lunch

485 cals, 43g protein, 23g net carbs, 23g fat

Caprese chicken
4 oz- 298 cals

Lentils
87 cals

Milk
2/3 cup(s)- 99 cals

Snacks

175 cals, 5g protein, 15g net carbs, 8g fat

Grapes
87 cals

Sunflower seeds
90 cals

Dinner

505 cals, 41g protein, 33g net carbs, 22g fat

Fruit juice
1 cup(s)- 115 cals

Simple mozzarella and tomato salad
242 cals

Lemon pepper chicken breast
4 oz- 148 cals

Day 7

1460 cals 91g protein (25%) 80g fat (50%) 79g carbs (22%) 14g fiber (4%)

Breakfast

290 cals, 21g protein, 10g net carbs, 18g fat

Scrambled eggs with veggies and ham
232 cals

Toast with butter
1/2 slice(s)- 57 cals

Lunch

485 cals, 43g protein, 23g net carbs, 23g fat

Caprese chicken
4 oz- 298 cals

Lentils
87 cals

Milk
2/3 cup(s)- 99 cals

Snacks

175 cals, 5g protein, 15g net carbs, 8g fat

Grapes
87 cals

Sunflower seeds
90 cals

Dinner

510 cals, 22g protein, 31g net carbs, 32g fat

Salmon burger
1 burger(s)- 442 cals

Simple mixed greens salad
68 cals

Grocery List

Baked Products

- [ ] crackers
  24 crackers (84g)
- [ ] bread
  5 slice (160g)
- [ ] taco shells
  1 shell (13g)
- [ ] hamburger buns
  1 bun(s) (51g)

Finfish and Shellfish Products

- [ ] cod, raw
  6 oz (170g)

Spices and Herbs

- [ ] cajun seasoning
  2 tsp (5g)
- [ ] salt
  2 g (2g)
- [ ] black pepper
  2 dash (0g)
- [ ] taco seasoning mix
  1/8 packet (3g)
- [ ] fresh basil
  4 tbsp, chopped (11g)
- [ ] lemon pepper
  1/2 tbsp (3g)
- [ ] dried dill weed
  2 dash (0g)

Fats and Oils

- [ ] oil
  1 3/4 tbsp (26mL)
- [ ] mayonnaise
  1/4 cup (53mL)
- [ ] salad dressing
  1/4 cup (51mL)
- [ ] balsamic vinaigrette
  2 tbsp (31mL)
- [ ] olive oil
  1/4 tbsp (4mL)

Dairy and Egg Products

- [ ] sour cream
  1 oz (25g)
- [ ] butter
  1/2 stick (54g)

Vegetables and Vegetable Products

- [ ] potatoes
  1/2 large (3" to 4-1/4" dia.) (185g)
- [ ] tomatoes
  3 1/4 medium whole (2-3/5" dia) (399g)
- [ ] romaine lettuce
  1/8 head (16g)
- [ ] frozen broccoli
  2 2/3 cup (243g)
- [ ] cucumber
  1 1/2 cucumber (8-1/4") (452g)
- [ ] fresh spinach
  2 1/2 cup(s) (75g)
- [ ] onion
  4 tbsp, chopped (40g)
- [ ] green pepper
  4 tbsp, chopped (37g)

Sausages and Luncheon Meats

- [ ] ham cold cuts
  13 1/4 oz (376g)

Poultry Products

- [ ] ground turkey, raw
  1 1/4 oz (38g)
- [ ] boneless skinless chicken breast, raw
  1 1/2 lbs (661g)

Legumes and Legume Products

- [ ] lentils, raw
  3/4 cup (144g)

Beverages

- [ ] water
  2 cup(s) (474mL)

Nut and Seed Products

- [ ] coconut milk, canned
  3/4 cup (180mL)
- [ ] mixed nuts
  1/2 cup (67g)
- [ ] sunflower kernels
  1 oz (28g)

Other

- [ ] cheese
  1/4 lbs (101g)
- [ ] eggs
  18 large (900g)
- [ ] sliced cheese
  4 slice (3/4 oz ea) (84g)
- [ ] mexican blend cheese
  2/3 oz (19g)
- [ ] whole milk
  5 cup(s) (1159mL)
- [ ] kefir, flavored
  1 cup (240mL)
- [ ] fresh mozzarella cheese
  6 oz (170g)
- [ ] curry paste
  1 tbsp (15g)
- [ ] italian seasoning
  4 dash (2g)
- [ ] salmon burger patty
  1 patty (113g)
- [ ] mixed greens
  1 3/4 cup (53g)

Soups, Sauces, and Gravies

- [ ] canned clam chowder
  2 can (18.5 oz) (1038g)
- [ ] pesto sauce
  2 tbsp (32g)

Fruits and Fruit Juices

- [ ] fruit juice
  16 fl oz (480mL)
- [ ] grapes
  3 cup (276g)

Recipes

Breakfast 1

Eat on day 1 and day 2

Boiled eggs

4 egg(s) - 277 cals 25g protein 19g fat 1g carbs 0g fiber

For single meal:

eggs
4 large (200g)

For all 2 meals:

eggs
8 large (400g)

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, and day 5

Milk

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

For single meal:

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

For all 3 meals:

whole milk
1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

Basic scrambled eggs

2 egg(s) - 159 cals 13g protein 12g fat 1g carbs 0g fiber

For single meal:

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

For all 3 meals:

oil
1/2 tbsp (8mL)
eggs
6 large (300g)

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.

Breakfast 3

Eat on day 6 and day 7

Scrambled eggs with veggies and ham

232 cals 19g protein 15g fat 4g carbs 1g fiber

For single meal:

whole milk
1/8 cup(s) (30mL)
butter
1 tsp (5g)
eggs
2 large (100g)
onion, diced
2 tbsp, chopped (20g)
green pepper, chopped
2 tbsp, chopped (19g)
ham cold cuts, chopped
1 oz (28g)

For all 2 meals:

whole milk
1/4 cup(s) (60mL)
butter
2 tsp (9g)
eggs
4 large (200g)
onion, diced
4 tbsp, chopped (40g)
green pepper, chopped
4 tbsp, chopped (37g)
ham cold cuts, chopped
2 oz (57g)

1. Beat eggs, milk, onions, green peppers, ham, and some salt and pepper in medium bowl until blended.
2. Heat butter 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.

Toast with butter

1/2 slice(s) - 57 cals 2g protein 2g fat 6g carbs 1g fiber

For single meal:

bread
1/2 slice (16g)
butter
4 dash (2g)

For all 2 meals:

bread
1 slice (32g)
butter
1 tsp (5g)

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

Lunch 1

Eat on day 1 and day 2

Simple ham and cheese sandwich

1 sandwich(es) - 549 cals 38g protein 31g fat 26g carbs 4g fiber

For single meal:

bread
2 slice (64g)
ham cold cuts
4 oz (113g)
sliced cheese
2 slice (3/4 oz ea) (42g)
mayonnaise
1 tbsp (15mL)
tomatoes
2 slice(s), thin/small (30g)
romaine lettuce
1 leaf inner (6g)

For all 2 meals:

bread
4 slice (128g)
ham cold cuts
1/2 lbs (227g)
sliced cheese
4 slice (3/4 oz ea) (84g)
mayonnaise
2 tbsp (30mL)
tomatoes
4 slice(s), thin/small (60g)
romaine lettuce
2 leaf inner (12g)

1. Put the ham, cheese, lettuce, and tomato on one slice of bread.
2. Spread the mayonnaise on the other slice of bread and place it mayonnaise-down on top of the ham/cheese/lettuce/tomato.
3. That's how you make a sandwich.

Lunch 2

Eat on day 3 and day 4

Clam chowder

1 can(s) - 364 cals 12g protein 22g fat 25g carbs 4g fiber

For single meal:

canned clam chowder
1 can (18.5 oz) (519g)

For all 2 meals:

canned clam chowder
2 can (18.5 oz) (1038g)

1. Prepare according to instructions on package.

Mixed nuts

1/4 cup(s) - 218 cals 7g protein 18g fat 5g carbs 2g fiber

For single meal:

mixed nuts
4 tbsp (34g)

For all 2 meals:

mixed nuts
1/2 cup (67g)

1. The recipe has no instructions.

Lunch 3

Eat on day 5

Kefir

150 cals 8g protein 2g fat 25g carbs 0g fiber

kefir, flavored
1 cup (240mL)

1. Pour into a glass and drink.

Basic chicken & spinach salad

380 cals 50g protein 17g fat 5g carbs 2g fiber

fresh spinach
2 1/2 cup(s) (75g)
oil
1 1/4 tsp (6mL)
salad dressing
2 tbsp (28mL)
boneless skinless chicken breast, raw, chopped, cooked
1/2 lbs (213g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

Lunch 4

Eat on day 6 and day 7

Caprese chicken

4 oz - 298 cals 32g protein 17g fat 2g carbs 1g fiber

For single meal:

boneless skinless chicken breast, raw
4 oz (112g)
fresh basil
1 tbsp, chopped (3g)
oil
1/2 tsp (3mL)
pesto sauce
1 tbsp (16g)
italian seasoning
2 dash (1g)
fresh mozzarella cheese, sliced
1 oz (28g)
tomatoes, quartered
1 1/2 cherry tomatoes (26g)

For all 2 meals:

boneless skinless chicken breast, raw
1/2 lbs (224g)
fresh basil
2 tbsp, chopped (5g)
oil
1 tsp (5mL)
pesto sauce
2 tbsp (32g)
italian seasoning
4 dash (2g)
fresh mozzarella cheese, sliced
2 oz (57g)
tomatoes, quartered
3 cherry tomatoes (51g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

Lentils

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

For single meal:

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

For all 2 meals:

water
1 cup(s) (237mL)
salt
1/2 dash (0g)
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.

Milk

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

For single meal:

whole milk
2/3 cup(s) (160mL)

For all 2 meals:

whole milk
1 1/3 cup(s) (320mL)

1. The recipe has no instructions.

Snacks 1

Eat on day 1, day 2, and day 3

Crackers

8 cracker(s) - 135 cals 2g protein 6g fat 18g carbs 1g fiber

For single meal:

crackers
8 crackers (28g)

For all 3 meals:

crackers
24 crackers (84g)

1. Enjoy.

Snacks 2

Eat on day 4 and day 5

Cucumber sandwich bites

2 bite(s) - 189 cals 16g protein 11g fat 6g carbs 1g fiber

For single meal:

cucumber
1/2 cucumber (8-1/4") (151g)
cheese
1 slice (1 oz each) (28g)
ham cold cuts
2 slice (46g)

For all 2 meals:

cucumber
1 cucumber (8-1/4") (301g)
cheese
2 slice (1 oz each) (56g)
ham cold cuts
4 slice (92g)

1. Cut cucumber into 1 inch slices.
2. Cut cheese into even squares (4 squares per slice).
3. Assemble bites by putting ham and cheese in between cucumber slices and secure with a toothpick.

Cucumber slices

1/4 cucumber - 15 cals 1g protein 0g fat 3g carbs 0g fiber

For single meal:

cucumber
1/4 cucumber (8-1/4") (75g)

For all 2 meals:

cucumber
1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.

Snacks 3

Eat on day 6 and day 7

Grapes

87 cals 1g protein 1g fat 14g carbs 5g fiber

For single meal:

grapes
1 1/2 cup (138g)

For all 2 meals:

grapes
3 cup (276g)

1. The recipe has no instructions.

Sunflower seeds

90 cals 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. The recipe has no instructions.

Dinner 1

Eat on day 1

Cajun cod

6 oz - 187 cals 31g protein 6g fat 2g carbs 1g fiber

Makes 6 oz

cod, raw
6 oz (170g)
cajun seasoning
2 tsp (5g)
oil
1 tsp (5mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

Baked potato with toppings

1/2 large potato(es) - 189 cals 5g protein 6g fat 25g carbs 4g fiber

Makes 1/2 large potato(es)

salt
1/2 dash (0g)
black pepper
1/2 dash (0g)
sour cream
1/2 tbsp (6g)
potatoes
1/2 large (3" to 4-1/4" dia.) (185g)
oil
1/4 tsp (1mL)
butter
4 dash (2g)
cheese
1 tbsp, shredded (7g)

1. OVEN:
2. Heat oven to 350 degrees 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 time 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 with butter, salt to taste, pepper to taste, sour cream and cheese.

Cheese

1 1/3 oz - 153 cals 9g protein 13g fat 1g carbs 0g fiber

Makes 1 1/3 oz

cheese
1 1/3 oz (38g)

1. The recipe has no instructions.

Dinner 2

Eat on day 2

Ground turkey tacos

1 taco(s) - 234 cals 14g protein 15g fat 10g carbs 2g fiber

Makes 1 taco(s)

ground turkey, raw
1 1/3 oz (38g)
sour cream
2/3 oz (19g)
taco shells
1 shell (13g)
romaine lettuce
4 tsp shredded (4g)
taco seasoning mix
1/8 packet (3g)
mexican blend cheese, shredded
2/3 oz (19g)
tomatoes, chopped
1/8 large whole (3" dia) (15g)

1. Brown the turkey over medium heat and season with taco seasoning.
2. Once the turkey is cooked through, add to taco shells, top with other ingredients, and serve.

Milk

1 3/4 cup(s) - 261 cals 13g protein 14g fat 20g carbs 0g fiber

Makes 1 3/4 cup(s)

whole milk
1 3/4 cup(s) (420mL)

1. The recipe has no instructions.

Dinner 3

Eat on day 3 and day 4

Curried lentils

362 cals 14g protein 19g fat 30g carbs 5g fiber

For single meal:

lentils, raw
4 tbsp (48g)
water
1/2 cup(s) (119mL)
salt
1/2 dash (0g)
coconut milk, canned
6 tbsp (90mL)
curry paste
1/2 tbsp (8g)

For all 2 meals:

lentils, raw
1/2 cup (96g)
water
1 cup(s) (237mL)
salt
1 dash (1g)
coconut milk, canned
3/4 cup (180mL)
curry paste
1 tbsp (15g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Buttered broccoli

1 1/3 cup(s) - 178 cals 4g protein 15g fat 3g carbs 4g fiber

For single meal:

salt
2/3 dash (0g)
frozen broccoli
1 1/3 cup (121g)
black pepper
2/3 dash (0g)
butter
4 tsp (19g)

For all 2 meals:

salt
1 1/3 dash (1g)
frozen broccoli
2 2/3 cup (243g)
black pepper
1 1/3 dash (0g)
butter
2 2/3 tbsp (38g)

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

Dinner 4

Eat on day 5 and day 6

Fruit juice

1 cup(s) - 115 cals 2g protein 1g fat 25g carbs 1g fiber

For single meal:

fruit juice
8 fl oz (240mL)

For all 2 meals:

fruit juice
16 fl oz (480mL)

1. The recipe has no instructions.

Simple mozzarella and tomato salad

242 cals 14g protein 17g fat 7g carbs 2g fiber

For single meal:

balsamic vinaigrette
1 tbsp (15mL)
fresh basil
1 tbsp, chopped (3g)
fresh mozzarella cheese, sliced
2 oz (57g)
tomatoes, sliced
3/4 large whole (3" dia) (137g)

For all 2 meals:

balsamic vinaigrette
2 tbsp (30mL)
fresh basil
2 tbsp, chopped (5g)
fresh mozzarella cheese, sliced
4 oz (113g)
tomatoes, sliced
1 1/2 large whole (3" dia) (273g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Lemon pepper chicken breast

4 oz - 148 cals 25g protein 5g fat 1g carbs 0g fiber

For single meal:

boneless skinless chicken breast, raw
4 oz (112g)
olive oil
3/8 tsp (2mL)
lemon pepper
1/4 tbsp (2g)

For all 2 meals:

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

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

Salmon burger

1 burger(s) - 442 cals 20g protein 28g fat 27g carbs 1g fiber

Makes 1 burger(s)

salmon burger patty
1 patty (113g)
mixed greens
4 tbsp (8g)
mayonnaise
1 1/2 tbsp (23mL)
dried dill weed
2 dash (0g)
oil
1/4 tsp (1mL)
hamburger buns
1 bun(s) (51g)

1. Heat oil in a skillet over medium-low heat. Add salmon burger to the skillet and cook for about 4-6 minutes on each side until fully cooked.
2. Meanwhile, mix together the mayo and the dill.
3. Place the salmon burger on the bun and top with mayo and greens. Serve.

Simple mixed greens salad

68 cals 1g protein 5g fat 4g carbs 1g fiber

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

1. Mix greens and dressing in a small bowl. Serve.