

# 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



[Cheese](#)  
1 1/3 oz- 153 cals



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



[Cajun cod](#)  
6 oz- 187 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



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



[Ground turkey tacos](#)  
1 taco(s)- 234 cals

## Day 3

1473 cals ● 53g protein (14%) ● 94g fat (58%) ● 87g carbs (24%) ● 16g fiber (4%)

### Breakfast

215 cals, 15g protein, 7g net carbs, 15g fat



**Basic scrambled eggs**  
2 egg(s)- 142 cals



**Milk**  
1/2 cup(s)- 75 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



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



**Clam chowder**  
1 can(s)- 364 cals

### Dinner

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



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



**Curried lentils**  
362 cals

## Day 4

1542 cals ● 68g protein (18%) ● 99g fat (58%) ● 78g carbs (20%) ● 16g fiber (4%)

### Breakfast

215 cals, 15g protein, 7g net carbs, 15g fat



**Basic scrambled eggs**  
2 egg(s)- 142 cals



**Milk**  
1/2 cup(s)- 75 cals

### Snacks

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



**Cucumber slices**  
1/4 cucumber- 15 cals



**Cucumber sandwich bites**  
2 bite(s)- 189 cals

### Lunch

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



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



**Clam chowder**  
1 can(s)- 364 cals

### Dinner

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



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



**Curried lentils**  
362 cals

## Day 5

1456 cals ● 131g protein (36%) ● 67g fat (41%) ● 77g carbs (21%) ● 5g fiber (2%)

### Breakfast

215 cals, 15g protein, 7g net carbs, 15g fat



**Basic scrambled eggs**  
2 egg(s)- 142 cals



**Milk**  
1/2 cup(s)- 75 cals

### Snacks

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



**Cucumber slices**  
1/4 cucumber- 15 cals



**Cucumber sandwich bites**  
2 bite(s)- 189 cals

### Lunch

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



**Basic chicken & spinach salad**  
380 cals



**Kefir**  
150 cals

### Dinner

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



**Lemon pepper chicken breast**  
4 oz- 148 cals



**Simple mozzarella and tomato salad**  
242 cals



**Fruit juice**  
1 cup(s)- 115 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



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



**Scrambled eggs with veggies and ham**  
232 cals

### Snacks

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



**Sunflower seeds**  
90 cals



**Grapes**  
87 cals

### Lunch

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



**Milk**  
2/3 cup(s)- 99 cals



**Lentils**  
87 cals



**Caprese chicken**  
4 oz- 298 cals

### Dinner

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



**Lemon pepper chicken breast**  
4 oz- 148 cals



**Simple mozzarella and tomato salad**  
242 cals



**Fruit juice**  
1 cup(s)- 115 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



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



**Scrambled eggs with veggies and ham**  
232 cals

### Snacks

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



**Sunflower seeds**  
90 cals



**Grapes**  
87 cals

### Lunch

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



**Milk**  
2/3 cup(s)- 99 cals



**Lentils**  
87 cals



**Caprese chicken**  
4 oz- 298 cals

### Dinner

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



**Simple mixed greens salad**  
68 cals



**Salmon burger**  
1 burger(s)- 442 cals

---

## Baked Products

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

## Dairy and Egg Products

- ☐ cheese  
1/4 lbs (101g)
- ☐ sour cream  
1 oz (25g)
- ☐ butter  
1/2 stick (54g)
- ☐ sliced cheese  
4 slice (3/4 oz ea) (84g)
- ☐ eggs  
19 1/2 medium (864g)
- ☐ whole milk  
5 cup (1159mL)
- ☐ mexican blend cheese  
2/3 oz (19g)
- ☐ fresh mozzarella cheese  
6 oz (170g)
- ☐ kefir, flavored  
1 cup (240mL)

## Spices and Herbs

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

## Vegetables and Vegetable Products

## Fats and Oils

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

## Finfish and Shellfish Products

- ☐ cod, raw  
6 oz (170g)

## 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)

## Nut and Seed Products

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

## Soups, Sauces, and Gravies

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

## Legumes and Legume Products

- ☐ lentils, raw  
3/4 cup (144g)

## Beverages

- ☐ 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)

- ☐ water  
2 cup(s) (474mL)

### Other

- ☐ curry paste  
1 tbsp (15g)
- ☐ italian seasoning  
4 dash (2g)
- ☐ mixed greens  
1 3/4 cup (53g)
- ☐ salmon burger patty  
1 patty (113g)

### Fruits and Fruit Juices

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

## Breakfast 1 [↗](#)

Eat on day 1, 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, day 5

### 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 3 meals:

**oil**  
1/2 tbsp (8mL)  
**eggs**  
6 medium (264g)

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.

### 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 3 [↗](#)

Eat on day 6, day 7

---

### Toast with butter

1/2 slice(s) - 57 cal ● 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.

---

### Scrambled eggs with veggies and ham

232 cal ● 19g protein ● 15g fat ● 4g carbs ● 1g fiber





For single meal:

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

For all 2 meals:

**eggs**  
4 large (200g)  
**whole milk**  
4 tbsp (60mL)  
**butter**  
2 tsp (9g)  
**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.

---

## Lunch 1 [🔗](#)

Eat on day 1, day 2

---

### Simple ham and cheese sandwich

1 sandwich(es) - 549 cal ● 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, day 4

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. This recipe has no instructions.

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.

## Lunch 3 [🔗](#)

Eat on day 5

### Basic chicken & spinach salad

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



#### salad dressing

2 tbsp (28mL)

#### oil

1 1/4 tsp (6mL)

#### boneless skinless chicken breast, raw, chopped, cooked

1/2 lbs (213g)

#### fresh spinach

2 1/2 cup(s) (75g)

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.

## Kefir

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



#### kefir, flavored

1 cup (240mL)

1. Pour into a glass and drink.

## Lunch 4 [🔗](#)

Eat on day 6, day 7

### Milk

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



For single meal:

#### whole milk

2/3 cup (160mL)

For all 2 meals:

#### whole milk

1 1/3 cup (320mL)

1. This recipe has no instructions.

## 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.

## Caprese chicken

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



For single meal:

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

For all 2 meals:

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

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.
-

## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

### Crackers

8 cracker(s) - 135 cal ● 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, day 5

### Cucumber slices

1/4 cucumber - 15 cal ● 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.

### Cucumber sandwich bites

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



For single meal:

#### **ham cold cuts**

2 slice (46g)

#### **cheese**

1 slice (1 oz each) (28g)

#### **cucumber**

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

For all 2 meals:

#### **ham cold cuts**

4 slice (92g)

#### **cheese**

2 slice (1 oz each) (56g)

#### **cucumber**

1 cucumber (8-1/4") (301g)

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.



---

## Snacks 3 [↗](#)

Eat on day 6, day 7

---

### 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. This recipe has no instructions.
- 

### 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. This recipe has no instructions.
- 

---

## Dinner 1 [↗](#)

Eat on day 1

---

### 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. This recipe has no instructions.
- 

### 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.

## 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.

---

## Dinner 2 [↗](#)

Eat on day 2

---

### 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 (420mL)



1. This recipe has no instructions.

---

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

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.
-



## Dinner 3 [↗](#)

Eat on day 3, day 4

---

### Buttered broccoli

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



For single meal:

**black pepper**

2/3 dash (0g)

**salt**

2/3 dash (0g)

**frozen broccoli**

1 1/3 cup (121g)

**butter**

4 tsp (19g)

For all 2 meals:

**black pepper**

1 1/3 dash (0g)

**salt**

1 1/3 dash (1g)

**frozen broccoli**

2 2/3 cup (243g)

**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.

---

### 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.
-

## Dinner 4 [↗](#)

Eat on day 5, day 6

### Lemon pepper chicken breast

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



For single meal:

**lemon pepper**

1/4 tbsp (2g)

**olive oil**

3/8 tsp (2mL)

**boneless skinless chicken breast, raw**

4 oz (112g)

For all 2 meals:

**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.

### Simple mozzarella and tomato salad

242 cal ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



For single meal:

**tomatoes, sliced**

3/4 large whole (3" dia) (137g)

**fresh mozzarella cheese, sliced**

2 oz (57g)

**balsamic vinaigrette**

1 tbsp (15mL)

**fresh basil**

1 tbsp, chopped (3g)

For all 2 meals:

**tomatoes, sliced**

1 1/2 large whole (3" dia) (273g)

**fresh mozzarella cheese, sliced**

4 oz (113g)

**balsamic vinaigrette**

2 tbsp (30mL)

**fresh basil**

2 tbsp, chopped (5g)

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

### Fruit juice

1 cup(s) - 115 cal ● 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. This recipe has no instructions.

---

## Dinner 5 [↗](#)

Eat on day 7

---

### 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.

---

### Salmon burger

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



Makes 1 burger(s)

**oil**

1/4 tsp (1mL)

**dried dill weed**

2 dash (0g)

**mayonnaise**

1 1/2 tbsp (23mL)

**mixed greens**

4 tbsp (8g)

**salmon burger patty**

1 patty (113g)

**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.