

Meal Plan - 2200 calorie intermittent fasting meal plan

[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

2214 cals ● 150g protein (27%) ● 98g fat (40%) ● 159g carbs (29%) ● 24g fiber (4%)

Lunch

1130 cals, 67g protein, 64g net carbs, 63g fat



[Garlic parmesan wings](#)
1 lbs- 697 cals



[Sweet potato wedges](#)
434 cals

Dinner

1085 cals, 84g protein, 95g net carbs, 35g fat



[Shrimp and vegetable stir fry](#)
527 cals



[White rice](#)
1 cup rice, cooked- 218 cals



[Brussels sprout, apple & walnut side salad](#)
338 cals

Day 2

2163 cals ● 147g protein (27%) ● 95g fat (40%) ● 152g carbs (28%) ● 27g fiber (5%)

Lunch

1080 cals, 63g protein, 57g net carbs, 60g fat



[Olive oil drizzled broccoli](#)
1 1/2 cup(s)- 105 cals



[Buffalo drumsticks](#)
12 oz- 700 cals



[Mashed sweet potatoes](#)
275 cals

Dinner

1085 cals, 84g protein, 95g net carbs, 35g fat



[Shrimp and vegetable stir fry](#)
527 cals



[White rice](#)
1 cup rice, cooked- 218 cals



[Brussels sprout, apple & walnut side salad](#)
338 cals

Day 3

2232 cals ● 172g protein (31%) ● 126g fat (51%) ● 80g carbs (14%) ● 22g fiber (4%)

Lunch

1080 cals, 63g protein, 57g net carbs, 60g fat



[Olive oil drizzled broccoli](#)
1 1/2 cup(s)- 105 cals



[Buffalo drumsticks](#)
12 oz- 700 cals



[Mashed sweet potatoes](#)
275 cals

Dinner

1155 cals, 108g protein, 22g net carbs, 66g fat



[Roasted brussels sprouts](#)
232 cals



[Ranch chicken](#)
16 oz- 921 cals

Day 4

2188 cals ● 142g protein (26%) ● 108g fat (44%) ● 136g carbs (25%) ● 26g fiber (5%)

Lunch

1080 cals, 75g protein, 56g net carbs, 57g fat



Buffalo chicken slaw salad
623 cals



Simple garlic bread
4 slice(s)- 458 cals

Dinner

1105 cals, 67g protein, 79g net carbs, 51g fat



Buttery white rice
324 cals



Chipotle honey pork chops
541 cals



Tossed salad
242 cals

Day 5

2238 cals ● 173g protein (31%) ● 84g fat (34%) ● 156g carbs (28%) ● 41g fiber (7%)

Lunch

1080 cals, 75g protein, 56g net carbs, 57g fat



Buffalo chicken slaw salad
623 cals



Simple garlic bread
4 slice(s)- 458 cals

Dinner

1155 cals, 97g protein, 100g net carbs, 28g fat



Slow cooker chicken chili
969 cals



Tortilla chips
188 cals

Day 6

2271 cals ● 177g protein (31%) ● 68g fat (27%) ● 194g carbs (34%) ● 44g fiber (8%)

Lunch

1115 cals, 79g protein, 94g net carbs, 40g fat



Shrimp-broccoli-rice bowl
735 cals



Brussels sprout, apple & walnut side salad
380 cals

Dinner

1155 cals, 97g protein, 100g net carbs, 28g fat



Slow cooker chicken chili
969 cals



Tortilla chips
188 cals

Day 7

2209 cals ● 143g protein (26%) ● 100g fat (41%) ● 154g carbs (28%) ● 30g fiber (5%)

Lunch

1115 cals, 79g protein, 94g net carbs, 40g fat



Shrimp-broccoli-rice bowl
735 cals



Brussels sprout, apple & walnut side salad
380 cals

Dinner

1095 cals, 64g protein, 61g net carbs, 59g fat



Indian chicken wings
16 oz- 660 cals



Sweet potato wedges
434 cals

Fats and Oils

- ☐ oil
1/4 lbs (113mL)
- ☐ olive oil
1/4 lbs (112mL)
- ☐ ranch dressing
10 tbsp (150mL)
- ☐ salad dressing
2 tbsp (31mL)

Vegetables and Vegetable Products

- ☐ carrots
4 medium (233g)
- ☐ frozen broccoli
2 lbs (912g)
- ☐ brussels sprouts
1 1/3 lbs (601g)
- ☐ garlic
2 clove(s) (6g)
- ☐ sweet potatoes
6 1/3 sweetpotato, 5" long (1330g)
- ☐ cucumber
1/4 cucumber (8-1/4") (75g)
- ☐ red onion
1/4 medium (2-1/2" dia) (28g)
- ☐ tomatoes
1 1/3 medium whole (2-3/5" dia) (147g)
- ☐ romaine lettuce
1 hearts (500g)
- ☐ tomato puree
15 oz (425g)

Finfish and Shellfish Products

- ☐ shrimp, raw
2 3/4 lbs (1249g)

Other

- ☐ stir-fry sauce
2/3 cup (181g)
- ☐ Chicken, drumsticks, with skin
1 1/2 lbs (680g)
- ☐ ranch dressing mix
1/2 packet (1 oz) (14g)
- ☐ coleslaw mix
3 cup (270g)

Spices and Herbs

Cereal Grains and Pasta

- ☐ long-grain white rice
1 cup (185g)

Beverages

- ☐ water
2 cup (499mL)

Fruits and Fruit Juices

- ☐ apples
1 small (2-3/4" dia) (141g)

Nut and Seed Products

- ☐ walnuts
3/4 cup, chopped (79g)

Sweets

- ☐ maple syrup
2 tbsp (28mL)
- ☐ honey
1 3/4 tsp (12g)

Dairy and Egg Products

- ☐ parmesan cheese
2 tbsp (13g)
- ☐ butter
1/2 stick (54g)
- ☐ ghee
1 3/4 tsp (8g)
- ☐ cheddar cheese
1/2 cup, shredded (57g)
- ☐ nonfat greek yogurt, plain
1/2 cup (140g)

Baked Products

- ☐ baking powder
1/2 tbsp (8g)
- ☐ bread
8 slice (256g)

Poultry Products

- ☐ chicken wings, with skin, raw
2 lbs (908g)
- ☐ boneless skinless chicken breast, raw
3 lbs (1406g)

- ☐ black pepper
1/4 oz (7g)
- ☐ salt
1 oz (29g)
- ☐ apple cider vinegar
1 1/2 tbsp (21g)
- ☐ chipotle seasoning
1/2 tsp (1g)
- ☐ garlic powder
5 g (5g)
- ☐ ground cumin
1 tsp (2g)
- ☐ curry powder
1 1/2 tbsp (9g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
10 tbsp (149mL)
- ☐ salsa
1 jar (454g)

Pork Products

- ☐ pork loin chops, boneless, raw
1/2 lbs (248g)

Legumes and Legume Products

- ☐ kidney beans
2 can (896g)

Snacks

- ☐ tortilla chips
2 2/3 oz (76g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
1 1/4 pouch (~5.6 oz) (198g)
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Lunch 1 [↗](#)

Eat on day 1

Garlic parmesan wings

1 lbs - 697 cals ● 61g protein ● 48g fat ● 4g carbs ● 0g fiber



Makes 1 lbs

garlic, diced

2 clove(s) (6g)

parmesan cheese

2 tbsp (13g)

butter

1/4 tbsp (4g)

baking powder

1/2 tbsp (8g)

chicken wings, with skin, raw

1 lbs (454g)

1. There are two versions of this recipe. One is very fast/easy, but skin doesn't get very crispy. The other takes a bit longer, but has super crispy skin and requires baking powder.
2. FAST VERSION
3. Heat a large frying pan over high heat. Add the wings and sear each side, a couple minutes per side.
4. Reduce heat to low and cover, stirring occasionally. Cook for about 20 minutes or until done.
5. Add in the butter, garlic, and parmesan (no baking powder is used in fast version). Coat the wings thoroughly.
6. Serve.
7. CRISPY SKIN VERSION
8. Preheat oven to 250 F (120 C).
9. Pat wings dry with paper towels.
10. Put wings and baking powder in a plastic bag and shake to coat.
11. Place wings on a lightly greased baking sheet and bake for 30 minutes.
12. When the time is up, increase the temperature to 425 F (220 C) and bake for an additional 30-40 minutes.
13. When done, melt the butter and pour over wings and add the garlic and parmesan. Toss the wings until fully coated.
14. Serve.

Sweet potato wedges

434 cals ● 6g protein ● 14g fat ● 60g carbs ● 11g fiber



sweet potatoes, cut into wedges
1 2/3 sweetpotato, 5" long (350g)
oil
1 1/4 tbsp (19mL)
black pepper
1/2 tsp, ground (1g)
salt
1 tsp (5g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Lunch 2 [🔗](#)

Eat on day 2 and day 3

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



Translation missing:
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olive oil
1/2 tbsp (8mL)
frozen broccoli
1 1/2 cup (137g)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)

For all 2 meals:

olive oil
1 tbsp (15mL)
frozen broccoli
3 cup (273g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Buffalo drumsticks

12 oz - 700 cals ● 54g protein ● 53g fat ● 1g carbs ● 0g fiber



Translation missing:
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Chicken, drumsticks, with skin

3/4 lbs (340g)

black pepper

1 1/2 dash, ground (0g)

salt

1 1/2 dash (1g)

oil

1 tsp (6mL)

Frank's Red Hot sauce

2 tbsp (30mL)

For all 2 meals:

Chicken, drumsticks, with skin

1 1/2 lbs (680g)

black pepper

3 dash, ground (1g)

salt

3 dash (2g)

oil

3/4 tbsp (11mL)

Frank's Red Hot sauce

4 tbsp (60mL)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

Mashed sweet potatoes

275 cals ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



Translation missing:
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sweet potatoes

1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

sweet potatoes

3 sweetpotato, 5" long (630g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
 2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.
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Lunch 3 [🔗](#)

Eat on day 4 and day 5

Buffalo chicken slaw salad

623 cals ● 59g protein ● 38g fat ● 9g carbs ● 4g fiber



Translation missing:
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boneless skinless chicken breast, raw

1/2 lbs (255g)

coleslaw mix

1 1/2 cup (135g)

Frank's Red Hot sauce

3 tbsp (45mL)

ranch dressing

3 tbsp (45mL)

tomatoes, halved

3 tbsp cherry tomatoes (28g)

oil

3/4 tbsp (11mL)

For all 2 meals:

boneless skinless chicken breast, raw

18 oz (510g)

coleslaw mix

3 cup (270g)

Frank's Red Hot sauce

6 tbsp (90mL)

ranch dressing

6 tbsp (90mL)

tomatoes, halved

6 tbsp cherry tomatoes (56g)

oil

1 1/2 tbsp (23mL)

1. Season the chicken with salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat.
3. Add the chicken and cook for 5-6 minutes per side, or until fully cooked and no longer pink in the center. Set the chicken aside to cool slightly, then chop into bite-sized pieces. Toss the chicken with hot sauce.
4. Serve over a bed of coleslaw and cherry tomatoes. Drizzle ranch on top and serve.
5. Meal Prep Tip: Store the chicken and ranch separately from the coleslaw. Combine all components just before serving to keep the slaw crisp.

Simple garlic bread

4 slice(s) - 458 cals ● 16g protein ● 19g fat ● 48g carbs ● 8g fiber



Translation missing:
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garlic powder

2 dash (1g)

butter

4 tsp (18g)

bread

4 slice (128g)

For all 2 meals:

garlic powder

4 dash (2g)

butter

2 2/3 tbsp (36g)

bread

8 slice (256g)

1. Spread the butter on the bread, sprinkle with some garlic powder, and toast in a toaster oven until bread is golden brown.

Lunch 4 [🔗](#)

Eat on day 6 and day 7

Shrimp-broccoli-rice bowl

735 cals ● 73g protein ● 12g fat ● 76g carbs ● 9g fiber



Translation missing:
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shrimp, raw, peeled and deveined

10 oz (284g)

black pepper

1/3 tsp, ground (1g)

salt

1/3 tsp (2g)

frozen broccoli

5/8 package (178g)

flavored rice mix

5/8 pouch (~5.6 oz) (99g)

olive oil

2 tsp (9mL)

For all 2 meals:

shrimp, raw, peeled and deveined

1 1/4 lbs (568g)

black pepper

5 dash, ground (1g)

salt

5 dash (4g)

frozen broccoli

1 1/4 package (355g)

flavored rice mix

1 1/4 pouch (~5.6 oz) (198g)

olive oil

1 1/4 tbsp (19mL)

1. Prepare the rice mix and broccoli according to the instructions on the package.
2. Meanwhile, heat the oil in a skillet over medium-high heat.
3. Add the shrimp to the skillet and season with salt and pepper. Cook for 5-6 minutes, or until the flesh is completely pink and opaque.
4. When everything is ready mix it all together and serve.

Brussels sprout, apple & walnut side salad

380 cals ● 6g protein ● 29g fat ● 18g carbs ● 6g fiber



Translation missing:
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brussels sprouts, ends trimmed and discarded

1 cup (99g)

apples, chopped

1/4 small (2-3/4" dia) (37g)

olive oil

1 tbsp (17mL)

apple cider vinegar

1 tsp (6g)

walnuts

3 tbsp, chopped (21g)

maple syrup

1/2 tbsp (8mL)

For all 2 meals:

brussels sprouts, ends trimmed and discarded

2 1/4 cup (198g)

apples, chopped

1/2 small (2-3/4" dia) (74g)

olive oil

2 1/4 tbsp (34mL)

apple cider vinegar

3/4 tbsp (11g)

walnuts

6 tbsp, chopped (42g)

maple syrup

1 tbsp (15mL)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Shrimp and vegetable stir fry

527 cals ● 74g protein ● 9g fat ● 31g carbs ● 7g fiber



Translation missing:
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oil, divided

1/2 tbsp (8mL)

carrots, sliced

1 1/2 medium (92g)

shrimp, raw, peeled and deveined

3/4 lbs (341g)

stir-fry sauce

1/3 cup (91g)

black pepper

4 dash, ground (1g)

salt

2 dash (2g)

frozen broccoli

1/2 package (142g)

For all 2 meals:

oil, divided

1 tbsp (15mL)

carrots, sliced

3 medium (183g)

shrimp, raw, peeled and deveined

1 1/2 lbs (681g)

stir-fry sauce

2/3 cup (181g)

black pepper

1 tsp, ground (2g)

salt

4 dash (3g)

frozen broccoli

1 package (284g)

1. Heat half of the oil in a skillet over medium-high heat. When hot, add the shrimp and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove shrimp and set aside.
2. Put remaining oil into the skillet and add the frozen broccoli and sliced carrot. Stir-fry 4-5 minutes or until crisp but warmed through.
3. Return shrimp to skillet, stir.
4. Pour in stir-fry sauce and mix until it is well distributed.
5. Reduce heat to low and simmer until shrimp is fully cooked.
6. Serve.

White rice

1 cup rice, cooked - 218 cals ● 4g protein ● 0g fat ● 49g carbs ● 1g fiber



Translation missing:
en.for_single_meal

long-grain white rice

1/3 cup (62g)

water

2/3 cup(s) (158mL)

For all 2 meals:

long-grain white rice

2/3 cup (123g)

water

1 1/3 cup(s) (316mL)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Brussels sprout, apple & walnut side salad

338 cals ● 6g protein ● 26g fat ● 16g carbs ● 5g fiber



Translation missing:
en.for_single_meal

brussels sprouts, ends trimmed and discarded
1 cup (88g)
apples, chopped
1/4 small (2-3/4" dia) (33g)
olive oil
1 tbsp (15mL)
apple cider vinegar
1 tsp (5g)
walnuts
2 2/3 tbsp, chopped (19g)
maple syrup
1/2 tbsp (7mL)

For all 2 meals:

brussels sprouts, ends trimmed and discarded
2 cup (176g)
apples, chopped
1/2 small (2-3/4" dia) (66g)
olive oil
2 tbsp (30mL)
apple cider vinegar
2 tsp (10g)
walnuts
1/3 cup, chopped (37g)
maple syrup
1 tbsp (13mL)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

Dinner 2 [↗](#)

Eat on day 3

Roasted brussels sprouts

232 cals ● 7g protein ● 14g fat ● 12g carbs ● 9g fiber



olive oil
3 tsp (15mL)
brussels sprouts
1/2 lbs (227g)
black pepper
1 1/3 dash, ground (0g)
salt
2 dash (1g)

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.

Ranch chicken

16 oz - 921 cals ● 102g protein ● 52g fat ● 11g carbs ● 0g fiber



Makes 16 oz

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.

Dinner 3 [↗](#)

Eat on day 4

Buttery white rice

324 cals ● 5g protein ● 12g fat ● 49g carbs ● 1g fiber



long-grain white rice

1/3 cup (62g)

water

2/3 cup(s) (158mL)

salt

1/3 tsp (2g)

butter

1 tbsp (14g)

black pepper

1 1/3 dash, ground (0g)

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

Chipotle honey pork chops

541 cals ● 54g protein ● 32g fat ● 11g carbs ● 0g fiber



oil
1 3/4 tsp (9mL)
water
2 1/2 tsp (13mL)
chipotle seasoning
1/2 tsp (1g)
honey
1 3/4 tsp (12g)
pork loin chops, boneless, raw
1/2 lbs (248g)
ghee
1 3/4 tsp (8g)

1. Pat pork dry and season with some salt and pepper.
2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
4. Slice pork and top with chipotle honey sauce. Serve.

Tossed salad

242 cals ● 9g protein ● 8g fat ● 20g carbs ● 14g fiber



carrots, peeled and shredded or sliced
1 small (5-1/2" long) (50g)
cucumber, sliced or diced
1/4 cucumber (8-1/4") (75g)
red onion, sliced
1/4 medium (2-1/2" dia) (28g)
salad dressing
2 tbsp (30mL)
tomatoes, diced
1 small whole (2-2/5" dia) (91g)
romaine lettuce, shredded
1 hearts (500g)

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

Dinner 4 [↗](#)

Eat on day 5 and day 6

Slow cooker chicken chili

969 cals ● 95g protein ● 19g fat ● 76g carbs ● 28g fiber



Translation missing:
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boneless skinless chicken breast, raw
1/2 lbs (224g)
tomato puree
1/2 lbs (213g)
kidney beans
1 can (448g)
salsa, divided
1/2 jar (227g)
ground cumin
4 dash (1g)
cheddar cheese
4 tbsp, shredded (28g)
nonfat greek yogurt, plain
4 tbsp (70g)
garlic powder
4 dash (2g)

For all 2 meals:

boneless skinless chicken breast, raw
1 lbs (448g)
tomato puree
15 oz (425g)
kidney beans
2 can (896g)
salsa, divided
1 jar (454g)
ground cumin
1 tsp (2g)
cheddar cheese
1/2 cup, shredded (57g)
nonfat greek yogurt, plain
1/2 cup (140g)
garlic powder
1 tsp (3g)

1. Place the chicken, tomato puree, kidney beans, just half of the salsa, cumin, garlic powder, and a generous pinch of salt in a slow cooker. Stir until well combined. Refrigerate the remaining salsa for later use.
2. Cover the slow cooker and cook on high for 4-6 hours or on low for 6-8 hours, until the chicken is fully cooked and easily shreds.
3. Once cooked, shred the chicken in the slow cooker using two forks. Stir in the reserved salsa and season with salt and pepper to taste.
4. Serve topped with cheese and a dollop of Greek yogurt.

Tortilla chips

188 cals ● 3g protein ● 8g fat ● 24g carbs ● 2g fiber



Translation missing:
en.for_single_meal

tortilla chips
1 1/3 oz (38g)

For all 2 meals:

tortilla chips
2 2/3 oz (76g)

1. The recipe has no instructions.

Dinner 5 [🔗](#)

Eat on day 7

Indian chicken wings

16 oz - 660 cals ● 58g protein ● 45g fat ● 0g carbs ● 5g fiber



Makes 16 oz

curry powder

1 1/2 tbsp (9g)

salt

1 tsp (6g)

chicken wings, with skin, raw

1 lbs (454g)

oil

1/4 tbsp (4mL)

1. Preheat oven to 450°F (230°C).
2. Grease a large baking tray with the oil of your choice.
3. Season the wings with the salt and curry powder, being sure to rub it in and coat all sides.
4. Bake in the oven for 35-40 minutes or until the internal temperature reaches 165°F (75°C).
5. Serve.

Sweet potato wedges

434 cals ● 6g protein ● 14g fat ● 60g carbs ● 11g fiber



sweet potatoes, cut into wedges

1 2/3 sweetpotato, 5" long (350g)

oil

1 1/4 tbsp (19mL)

black pepper

1/2 tsp, ground (1g)

salt

1 tsp (5g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
 2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
 3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.
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