

# Meal Plan - 2300 calorie intermittent fasting meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

2253 cal ● 173g protein (31%) ● 150g fat (60%) ● 30g carbs (5%) ● 24g fiber (4%)

### Lunch

1105 cal, 92g protein, 7g net carbs, 74g fat



[Blue cheese stuffed chicken thighs](#)  
2 thigh- 904 cal



[Garlic collard greens](#)  
199 cal

### Dinner

1150 cal, 81g protein, 23g net carbs, 76g fat



[Honey mustard chicken thighs w/ skin](#)  
12 oz- 837 cal



[Tomato and avocado salad](#)  
313 cal

## Day 2

2253 cal ● 173g protein (31%) ● 150g fat (60%) ● 30g carbs (5%) ● 24g fiber (4%)

### Lunch

1105 cal, 92g protein, 7g net carbs, 74g fat



[Blue cheese stuffed chicken thighs](#)  
2 thigh- 904 cal



[Garlic collard greens](#)  
199 cal

### Dinner

1150 cal, 81g protein, 23g net carbs, 76g fat



[Honey mustard chicken thighs w/ skin](#)  
12 oz- 837 cal



[Tomato and avocado salad](#)  
313 cal

## Day 3

2294 cal ● 194g protein (34%) ● 67g fat (26%) ● 188g carbs (33%) ● 40g fiber (7%)

### Lunch

1140 cal, 101g protein, 88g net carbs, 32g fat



[Baked chicken with tomatoes & olives](#)  
12 oz- 599 cal



[Easy chickpea salad](#)  
350 cal



[Fruit juice](#)  
1 2/3 cup(s)- 191 cal

### Dinner

1155 cal, 93g protein, 100g net carbs, 35g fat



[Bbq chicken stuffed sweet potatoes](#)  
1 1/2 potato(es)- 779 cal



[Milk](#)  
1 1/3 cup(s)- 199 cal



[Avocado](#)  
176 cal

## Day 4

2294 cals ● 194g protein (34%) ● 67g fat (26%) ● 188g carbs (33%) ● 40g fiber (7%)

### Lunch

1140 cals, 101g protein, 88g net carbs, 32g fat



**Baked chicken with tomatoes & olives**

12 oz- 599 cals



**Easy chickpea salad**

350 cals



**Fruit juice**

1 2/3 cup(s)- 191 cals

### Dinner

1155 cals, 93g protein, 100g net carbs, 35g fat



**Bbq chicken stuffed sweet potatoes**

1 1/2 potato(es)- 779 cals



**Milk**

1 1/3 cup(s)- 199 cals



**Avocado**

176 cals

## Day 5

2260 cals ● 163g protein (29%) ● 103g fat (41%) ● 141g carbs (25%) ● 30g fiber (5%)

### Lunch

1165 cals, 74g protein, 109g net carbs, 42g fat



**Cottage cheese & honey**

1 cup(s)- 249 cals



**Tomato and avocado salad**

235 cals



**Pork & pepper pasta**

680 cals

### Dinner

1095 cals, 89g protein, 32g net carbs, 61g fat



**Milk**

1 3/4 cup(s)- 261 cals



**Garlic collard greens**

239 cals



**Caprese chicken**

8 oz- 597 cals

## Day 6

2271 cals ● 192g protein (34%) ● 89g fat (35%) ● 151g carbs (27%) ● 26g fiber (5%)

### Lunch

1130 cals, 104g protein, 106g net carbs, 27g fat



**Chicken-broccoli-rice bowl**

943 cals



**Milk**

1 1/4 cup(s)- 186 cals

### Dinner

1140 cals, 87g protein, 45g net carbs, 61g fat



**Tomato and avocado salad**

235 cals



**Tortilla chips**

176 cals



**Taco stuffed peppers**

3 stuffed pepper(s)- 731 cals

# Day 7

2271 cals ● 192g protein (34%) ● 89g fat (35%) ● 151g carbs (27%) ● 26g fiber (5%)

## Lunch

1130 cals, 104g protein, 106g net carbs, 27g fat



**Chicken-broccoli-rice bowl**  
943 cals



**Milk**  
1 1/4 cup(s)- 186 cals

## Dinner

1140 cals, 87g protein, 45g net carbs, 61g fat



**Tomato and avocado salad**  
235 cals



**Tortilla chips**  
176 cals



**Taco stuffed peppers**  
3 stuffed pepper(s)- 731 cals

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## Spices and Herbs

- paprika  
4 dash (1g)
- thyme, dried  
3/4 tbsp, ground (3g)
- salt  
4 tsp (24g)
- brown deli mustard  
2 1/4 tbsp (34g)
- garlic powder  
1/2 tbsp (5g)
- black pepper  
1/6 oz (6g)
- chili powder  
4 tsp (11g)
- fresh basil  
1/2 oz (17g)
- balsamic vinegar  
1 1/2 tbsp (23mL)
- taco seasoning mix  
1 tbsp (9g)

## Fats and Oils

- olive oil  
2 oz (64mL)
- oil  
1 1/3 oz (40mL)

## Dairy and Egg Products

- blue cheese  
2 oz (57g)
- whole milk  
7 cup (1661mL)
- low fat cottage cheese (1% milkfat)  
1 cup (226g)
- fresh mozzarella cheese  
2 oz (57g)
- cheddar cheese  
1/2 cup, shredded (64g)

## Poultry Products

- chicken thighs, with bone and skin, raw  
3 lbs (1360g)
- boneless skinless chicken breast, raw  
5 lbs (2248g)

## Vegetables and Vegetable Products

## Sweets

- honey  
2 oz (60g)

## Fruits and Fruit Juices

- lime juice  
5 2/3 tbsp (85mL)
- avocados  
4 avocado(s) (770g)
- green olives  
24 large (106g)
- fruit juice  
26 2/3 fl oz (800mL)
- lemon juice  
1 tsp (5mL)

## Soups, Sauces, and Gravies

- apple cider vinegar  
1 1/2 tbsp (1mL)
- barbecue sauce  
1/2 cup (143g)
- pasta sauce  
1/2 cup (130g)
- pesto sauce  
2 tbsp (32g)

## Legumes and Legume Products

- chickpeas, canned  
1 1/2 can (672g)

## Other

- ground pork  
5 oz (142g)
- italian seasoning  
4 dash (2g)

## Cereal Grains and Pasta

- uncooked dry pasta  
3 oz (85g)

## Meals, Entrees, and Side Dishes

- flavored rice mix  
1 1/2 pouch (~5.6 oz) (237g)

## Snacks

- collard greens  
2 lbs (907g)
  - garlic  
6 clove(s) (18g)
  - onion  
1 1/4 medium (2-1/2" dia) (137g)
  - tomatoes  
8 1/2 medium whole (2-3/5" dia) (1031g)
  - fresh parsley  
4 1/2 sprigs (5g)
  - sweet potatoes  
3 sweetpotato, 5" long (630g)
  - bell pepper  
3 large (504g)
  - frozen broccoli  
1 1/2 package (426g)
  - tomato puree  
3/4 cup (188g)
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- tortilla chips  
2 1/2 oz (71g)

### **Beef Products**

- ground beef (93% lean)  
1 1/2 lbs (680g)

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Blue cheese stuffed chicken thighs

2 thigh - 904 cal ● 83g protein ● 63g fat ● 1g carbs ● 0g fiber



For single meal:

**paprika**  
2 dash (1g)  
**olive oil**  
1/4 tbsp (4mL)  
**thyme, dried**  
3 dash, ground (1g)  
**blue cheese**  
1 oz (28g)  
**chicken thighs, with bone and skin, raw**  
2 thigh (6 oz ea) (340g)

For all 2 meals:

**paprika**  
4 dash (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**thyme, dried**  
1/4 tbsp, ground (1g)  
**blue cheese**  
2 oz (57g)  
**chicken thighs, with bone and skin, raw**  
4 thigh (6 oz ea) (680g)

1. Combine blue cheese and thyme in a small bowl.
2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.
3. Sprinkle paprika on all sides of the chicken.
4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C). Serve.

### Garlic collard greens

199 cal ● 9g protein ● 11g fat ● 6g carbs ● 11g fiber



For single meal:

**collard greens**  
10 oz (284g)  
**oil**  
2 tsp (9mL)  
**garlic, minced**  
2 clove(s) (6g)  
**salt**  
1 1/4 dash (1g)

For all 2 meals:

**collard greens**  
1 1/4 lbs (567g)  
**oil**  
1 1/4 tbsp (19mL)  
**garlic, minced**  
3 3/4 clove(s) (11g)  
**salt**  
1/3 tsp (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

## Lunch 2 [↗](#)

Eat on day 3, day 4

### Baked chicken with tomatoes & olives

12 oz - 599 cal ● 80g protein ● 25g fat ● 8g carbs ● 6g fiber



For single meal:

**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)

For all 2 meals:

**tomatoes**

24 cherry tomatoes (408g)

**olive oil**

4 tsp (20mL)

**salt**

1 tsp (6g)

**green olives**

24 large (106g)

**black pepper**

1 tsp (1g)

**chili powder**

4 tsp (11g)

**boneless skinless chicken breast, raw**

1 1/2 lbs (680g)

**fresh basil, shredded**

24 leaves (12g)

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.

### Easy chickpea salad

350 cal ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



For single meal:

**fresh parsley, chopped**

2 1/4 sprigs (2g)

**apple cider vinegar**

3/4 tbsp (1mL)

**balsamic vinegar**

3/4 tbsp (11mL)

**tomatoes, halved**

3/4 cup cherry tomatoes (112g)

**onion, thinly sliced**

3/8 small (26g)

**chickpeas, canned, drained and rinsed**

3/4 can (336g)

For all 2 meals:

**fresh parsley, chopped**

4 1/2 sprigs (5g)

**apple cider vinegar**

1 1/2 tbsp (1mL)

**balsamic vinegar**

1 1/2 tbsp (23mL)

**tomatoes, halved**

1 1/2 cup cherry tomatoes (224g)

**onion, thinly sliced**

3/4 small (53g)

**chickpeas, canned, drained and rinsed**

1 1/2 can (672g)

1. Add all ingredients to a bowl and toss. Serve!

### Fruit juice

1 2/3 cup(s) - 191 cal ● 3g protein ● 1g fat ● 42g carbs ● 1g fiber





For single meal:

**fruit juice**

13 1/3 fl oz (400mL)

For all 2 meals:

**fruit juice**

26 2/3 fl oz (800mL)

1. This recipe has no instructions.

## Lunch 3 [↗](#)

Eat on day 5

### Cottage cheese & honey

1 cup(s) - 249 cal ● 28g protein ● 2g fat ● 29g carbs ● 0g fiber



Makes 1 cup(s)

**honey**

4 tsp (28g)

**low fat cottage cheese (1% milkfat)**

1 cup (226g)

1. Serve cottage cheese in a bowl and drizzle with honey.

### Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



**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.

### Pork & pepper pasta

680 cal ● 43g protein ● 21g fat ● 73g carbs ● 7g fiber





**ground pork**  
5 oz (142g)  
**oil**  
1 tsp (5mL)  
**pasta sauce**  
1/2 cup (130g)  
**garlic powder**  
2 dash (1g)  
**bell pepper, chopped**  
1/2 medium (60g)  
**uncooked dry pasta**  
3 oz (85g)

1. Cook pasta according to package instructions. Drain and set aside.
2. While pasta cooks, heat oil in a skillet over medium-high heat. Add pork and bell pepper to the skillet and season with garlic powder and some salt and pepper. Break apart pork and cook until it's browned and cooked through.
3. Stir in pasta sauce and bring to a simmer.
4. Top pasta with sauce and serve.

## Lunch 4 [↗](#)

Eat on day 6, day 7

### Chicken-broccoli-rice bowl

943 cal ● 95g protein ● 17g fat ● 92g carbs ● 10g fiber



For single meal:

**boneless skinless chicken breast, raw**  
3/4 lbs (336g)  
**frozen broccoli**  
3/4 package (213g)  
**flavored rice mix**  
3/4 pouch (~5.6 oz) (119g)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)  
**olive oil**  
1/2 tbsp (8mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 1/2 lbs (672g)  
**frozen broccoli**  
1 1/2 package (426g)  
**flavored rice mix**  
1 1/2 pouch (~5.6 oz) (237g)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**olive oil**  
1 tbsp (15mL)

1. Cut the chicken breast into small cubes (0.5 - 1 inches) and sautee in olive oil over medium heat until cooked through. Season with salt and pepper (or any other seasonings) to taste.
2. Meanwhile, prepare the rice mix and broccoli according to the instructions on the packages.
3. When everything is ready mix it all together and serve.

### Milk

1 1/4 cup(s) - 186 cal ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



For single meal:  
**whole milk**  
1 1/4 cup (300mL)

For all 2 meals:  
**whole milk**  
2 1/2 cup (600mL)

1. This recipe has no instructions.

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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Honey mustard chicken thighs w/ skin

12 oz - 837 cal ● 77g protein ● 52g fat ● 14g carbs ● 1g fiber



For single meal:

**brown deli mustard**  
1 tbsp (17g)  
**honey**  
3/4 tbsp (16g)  
**thyme, dried**  
1/4 tbsp, ground (1g)  
**salt**  
1 1/2 dash (1g)  
**chicken thighs, with bone and skin, raw**  
3/4 lbs (340g)

For all 2 meals:

**brown deli mustard**  
2 1/4 tbsp (34g)  
**honey**  
1 1/2 tbsp (32g)  
**thyme, dried**  
1/2 tbsp, ground (2g)  
**salt**  
3 dash (2g)  
**chicken thighs, with bone and skin, raw**  
1 1/2 lbs (680g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

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### Tomato and avocado salad

313 cal ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



For single meal:

**onion**  
4 tsp minced (20g)  
**lime juice**  
4 tsp (20mL)  
**avocados, cubed**  
2/3 avocado(s) (134g)  
**tomatoes, diced**  
2/3 medium whole (2-3/5" dia) (82g)  
**olive oil**  
1 tsp (5mL)  
**garlic powder**  
1/3 tsp (1g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)

For all 2 meals:

**onion**  
2 2/3 tbsp minced (40g)  
**lime juice**  
2 2/3 tbsp (40mL)  
**avocados, cubed**  
1 1/3 avocado(s) (268g)  
**tomatoes, diced**  
1 1/3 medium whole (2-3/5" dia) (164g)  
**olive oil**  
2 tsp (10mL)  
**garlic powder**  
1/4 tbsp (2g)  
**salt**  
1/4 tbsp (4g)  
**black pepper**  
1/4 tbsp, ground (2g)

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.

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## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Bbq chicken stuffed sweet potatoes

1 1/2 potato(es) - 779 cal ● 81g protein ● 9g fat ● 83g carbs ● 10g fiber



For single meal:

**sweet potatoes, halved**  
1 1/2 sweetpotato, 5" long (315g)  
**barbecue sauce**  
4 tbsp (71g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (336g)

For all 2 meals:

**sweet potatoes, halved**  
3 sweetpotato, 5" long (630g)  
**barbecue sauce**  
1/2 cup (143g)  
**boneless skinless chicken breast, raw**  
1 1/2 lbs (672g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

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### Milk

1 1/3 cup(s) - 199 cal ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber



For single meal:  
**whole milk**  
1 1/3 cup (320mL)

For all 2 meals:  
**whole milk**  
2 2/3 cup (640mL)

1. This recipe has no instructions.

## Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:  
**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

For all 2 meals:  
**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

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## Dinner 3 [↗](#)

Eat on day 5

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### Milk

1 3/4 cup(s) - 261 cal ● 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.

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## Garlic collard greens

239 cal ● 11g protein ● 13g fat ● 7g carbs ● 14g fiber



**collard greens**  
3/4 lbs (340g)  
**oil**  
3/4 tbsp (11mL)  
**garlic, minced**  
2 1/4 clove(s) (7g)  
**salt**  
1 1/2 dash (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

## Caprese chicken

8 oz - 597 cal ● 65g protein ● 35g fat ● 5g carbs ● 1g fiber



Makes 8 oz  
**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.



## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

**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)

For all 2 meals:

**onion**  
2 tbsp minced (30g)  
**lime juice**  
2 tbsp (30mL)  
**avocados, cubed**  
1 avocado(s) (201g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)  
**olive oil**  
1/2 tbsp (8mL)  
**garlic powder**  
4 dash (2g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 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.

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### Tortilla chips

176 cal ● 2g protein ● 8g fat ● 22g carbs ● 2g fiber



For single meal:

**tortilla chips**  
1 1/4 oz (35g)

For all 2 meals:

**tortilla chips**  
2 1/2 oz (71g)

1. This recipe has no instructions.

### Taco stuffed peppers

3 stuffed pepper(s) - 731 cal ● 82g protein ● 35g fat ● 16g carbs ● 6g fiber





For single meal:

**cheddar cheese**  
1/4 cup, shredded (32g)  
**bell pepper**  
3 small (222g)  
**taco seasoning mix**  
1/2 tbsp (4g)  
**tomato puree**  
6 tbsp (94g)  
**ground beef (93% lean)**  
3/4 lbs (340g)

For all 2 meals:

**cheddar cheese**  
1/2 cup, shredded (64g)  
**bell pepper**  
6 small (444g)  
**taco seasoning mix**  
1 tbsp (9g)  
**tomato puree**  
3/4 cup (188g)  
**ground beef (93% lean)**  
1 1/2 lbs (680g)

1. Preheat oven to 400°F (200°C).
  2. Cut tops off of peppers and discard the seeds. Set aside.
  3. In a large skillet, brown the ground beef with some salt and pepper, 8-10 minutes.
  4. Add in tomato puree, taco seasoning, and a small splash of water. Simmer for 2-4 minutes and turn off heat. Stir in about half of the cheese.
  5. Scoop taco mixture into the peppers. Top with remaining cheese.
  6. Bake for 20 minutes until peppers are tender. Serve.
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