

Meal Plan - 1300 calorie high protein 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

1254 cal ● 117g protein (37%) ● 64g fat (46%) ● 39g carbs (12%) ● 15g fiber (5%)

Breakfast

165 cal, 12g protein, 3g net carbs, 11g fat



Basic scrambled eggs
2 egg(s)- 142 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal

Snacks

215 cal, 17g protein, 22g net carbs, 4g fat



Protein shake (milk)
129 cal



Orange
1 orange(s)- 85 cal

Lunch

460 cal, 55g protein, 11g net carbs, 19g fat



Buttery garlic green beans
164 cal



Lemon pepper chicken breast
8 oz- 296 cal

Dinner

415 cal, 33g protein, 2g net carbs, 29g fat



Buttered broccoli
1 1/4 cup(s)- 167 cal



Basic ground turkey
5 1/3 oz- 250 cal

Day 2

1308 cal ● 155g protein (48%) ● 52g fat (35%) ● 40g carbs (12%) ● 16g fiber (5%)

Breakfast

165 cal, 12g protein, 3g net carbs, 11g fat



Basic scrambled eggs
2 egg(s)- 142 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal

Snacks

215 cal, 17g protein, 22g net carbs, 4g fat



Protein shake (milk)
129 cal



Orange
1 orange(s)- 85 cal

Lunch

460 cal, 55g protein, 11g net carbs, 19g fat



Buttery garlic green beans
164 cal



Lemon pepper chicken breast
8 oz- 296 cal

Dinner

470 cal, 71g protein, 4g net carbs, 17g fat



Simple chicken breast
10 2/3 oz- 427 cal



Broccoli
1 1/2 cup(s)- 44 cal

Day 3

1289 cal ● 134g protein (42%) ● 50g fat (35%) ● 60g carbs (19%) ● 15g fiber (5%)

Breakfast

165 cal, 12g protein, 3g net carbs, 11g fat



Basic scrambled eggs
2 egg(s)- 142 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal

Snacks

215 cal, 17g protein, 22g net carbs, 4g fat



Protein shake (milk)
129 cal



Orange
1 orange(s)- 85 cal

Lunch

440 cal, 33g protein, 31g net carbs, 18g fat



Simple plain turkey burger
1 burger(s)- 188 cal



White rice
83 cal



Edamame & beet salad
171 cal

Dinner

470 cal, 71g protein, 4g net carbs, 17g fat



Simple chicken breast
10 2/3 oz- 427 cal



Broccoli
1 1/2 cup(s)- 44 cal

Day 4

1323 cal ● 117g protein (35%) ● 52g fat (36%) ● 80g carbs (24%) ● 16g fiber (5%)

Breakfast

240 cal, 13g protein, 3g net carbs, 18g fat



Bacon omelet
140 cal



Simple sauteed spinach
100 cal

Snacks

165 cal, 9g protein, 24g net carbs, 3g fat



Cottage cheese & honey
1/4 cup(s)- 62 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal



Baked chips
8 crisps- 81 cal

Lunch

440 cal, 33g protein, 31g net carbs, 18g fat



Simple plain turkey burger
1 burger(s)- 188 cal



White rice
83 cal



Edamame & beet salad
171 cal

Dinner

480 cal, 61g protein, 22g net carbs, 13g fat



Southwest chicken
8 oz- 362 cal



Lentils
116 cal

Day 5

1289 cals ● 117g protein (36%) ● 50g fat (35%) ● 80g carbs (25%) ● 14g fiber (4%)

Breakfast

240 cals, 13g protein, 3g net carbs, 18g fat



Bacon omelet

140 cals



Simple sauteed spinach

100 cals

Snacks

165 cals, 9g protein, 24g net carbs, 3g fat



Cottage cheese & honey

1/4 cup(s)- 62 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals



Baked chips

8 crisps- 81 cals

Lunch

375 cals, 43g protein, 20g net carbs, 13g fat



Buttery brown rice

125 cals



Cajun cod

8 oz- 249 cals

Dinner

510 cals, 51g protein, 34g net carbs, 16g fat



Chicken beet & carrot salad bowl

337 cals



Lentils

174 cals

Day 6

1332 cals ● 120g protein (36%) ● 62g fat (42%) ● 59g carbs (18%) ● 13g fiber (4%)

Breakfast

235 cals, 17g protein, 16g net carbs, 10g fat



Cottage cheese & fruit cup

1 container- 107 cals



Carrot sticks

1 carrot(s)- 27 cals



Pesto scrambled eggs

1 eggs- 99 cals

Snacks

190 cals, 13g protein, 15g net carbs, 7g fat



Cottage cheese & honey

1/4 cup(s)- 62 cals



Bell pepper strips and hummus

128 cals

Lunch

465 cals, 42g protein, 19g net carbs, 23g fat



Simple mozzarella and tomato salad

121 cals



Chicken egg drop soup

267 cals



Dinner roll

1 roll- 77 cals

Dinner

445 cals, 48g protein, 9g net carbs, 22g fat



Olive oil drizzled broccoli

1 cup(s)- 70 cals



Thai basil chicken

375 cals

Day 7

1332 cal ● 120g protein (36%) ● 62g fat (42%) ● 59g carbs (18%) ● 13g fiber (4%)

Breakfast

235 cal, 17g protein, 16g net carbs, 10g fat



Cottage cheese & fruit cup
1 container- 107 cal



Carrot sticks
1 carrot(s)- 27 cal



Pesto scrambled eggs
1 eggs- 99 cal

Snacks

190 cal, 13g protein, 15g net carbs, 7g fat



Cottage cheese & honey
1/4 cup(s)- 62 cal



Bell pepper strips and hummus
128 cal

Lunch

465 cal, 42g protein, 19g net carbs, 23g fat



Simple mozzarella and tomato salad
121 cal



Chicken egg drop soup
267 cal



Dinner roll
1 roll- 77 cal

Dinner

445 cal, 48g protein, 9g net carbs, 22g fat



Olive oil drizzled broccoli
1 cup(s)- 70 cal



Thai basil chicken
375 cal

Fats and Oils

- oil
1 1/2 oz (49mL)
- olive oil
2 oz (58mL)
- balsamic vinaigrette
1 1/2 oz (45mL)

Dairy and Egg Products

- eggs
14 medium (614g)
- butter
3 1/4 tbsp (47g)
- whole milk
1 1/2 cup (360mL)
- cheese
1 tbsp, shredded (7g)
- low fat cottage cheese (1% milkfat)
1 cup (226g)
- fresh mozzarella cheese
2 oz (57g)

Vegetables and Vegetable Products

- tomatoes
5 1/4 medium whole (2-3/5" dia) (647g)
- garlic
5 1/2 clove(s) (17g)
- fresh green beans
13 1/4 oz (378g)
- frozen broccoli
6 1/4 cup (569g)
- beets, precooked (canned or refrigerated)
10 oz (285g)
- edamame, frozen, shelled
1 cup (118g)
- fresh spinach
8 cup(s) (240g)
- bell pepper
2 1/2 medium (298g)
- carrots
2 1/2 medium (145g)
- frozen chopped spinach
6 tbsp (59g)
- serrano pepper
2 pepper(s) (12g)
- shallots
1/2 shallot (57g)

Spices and Herbs

Poultry Products

- boneless skinless chicken breast, raw
3 1/2 lbs (1607g)
- ground turkey, raw
13 1/3 oz (378g)
- boneless skinless chicken thighs
1 lbs (454g)

Beverages

- protein powder
1 1/2 scoop (1/3 cup ea) (47g)
- water
2 1/2 cup(s) (574mL)

Fruits and Fruit Juices

- orange
3 orange (462g)

Cereal Grains and Pasta

- long-grain white rice
4 tbsp (46g)
- brown rice
2 tbsp (24g)

Other

- mixed greens
2 cup (60g)
- baked chips, any flavor
16 crisps (37g)
- sesame oil
1/4 tbsp (4mL)
- cottage cheese & fruit cup
2 container (266g)

Pork Products

- bacon
2 slice(s) (20g)

Legumes and Legume Products

- lentils, raw
6 3/4 tbsp (80g)
- soy sauce
3/4 oz (19mL)
- hummus
1/2 cup (122g)

- salt
1/2 oz (15g)
- lemon pepper
1/4 oz (7g)
- black pepper
4 1/2 g (4g)
- garlic powder
1/3 tsp (1g)
- taco seasoning mix
1/2 tbsp (4g)
- cajun seasoning
1 tbsp (6g)
- thyme, dried
1 1/2 dash, leaves (0g)
- fresh basil
1/2 oz (15g)

Sweets

- honey
4 tsp (28g)
- sugar
1 tsp (4g)

Finfish and Shellfish Products

- cod, raw
1/2 lbs (227g)

Soups, Sauces, and Gravies

- apple cider vinegar
3/8 tsp (0mL)
- chicken broth
3 cup (720mL)
- pesto sauce
1 tbsp (16g)

Baked Products

- Roll
2 pan, dinner, or small roll (2" square, 2" high) (56g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Basic scrambled eggs

2 egg(s) - 142 cal ● 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.

Cherry tomatoes

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



For single meal:

tomatoes
6 cherry tomatoes (102g)

For all 3 meals:

tomatoes
18 cherry tomatoes (306g)

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

Breakfast 2 [↗](#)

Eat on day 4, day 5

Bacon omelet

140 cal ● 10g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

eggs

1 large (50g)

olive oil

1/2 tsp (3mL)

bacon, cooked and chopped

1 slice(s) (10g)

For all 2 meals:

eggs

2 large (100g)

olive oil

1 tsp (5mL)

bacon, cooked and chopped

2 slice(s) (20g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. After a couple minutes add the chopped bacon to one half of the omelet.
7. Continue cooking until no raw egg remains, then fold omelet in half and slide onto a plate.

Simple sauteed spinach

100 cal ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

garlic, diced

1/2 clove (2g)

black pepper

1 dash, ground (0g)

salt

1 dash (1g)

olive oil

1/2 tbsp (8mL)

fresh spinach

4 cup(s) (120g)

For all 2 meals:

garlic, diced

1 clove (3g)

black pepper

2 dash, ground (1g)

salt

2 dash (2g)

olive oil

1 tbsp (15mL)

fresh spinach

8 cup(s) (240g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (133g)

For all 2 meals:

cottage cheese & fruit cup
2 container (266g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Carrot sticks

1 carrot(s) - 27 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.

Pesto scrambled eggs

1 eggs - 99 cal ● 7g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

pesto sauce
1/2 tbsp (8g)
eggs
1 large (50g)

For all 2 meals:

pesto sauce
1 tbsp (16g)
eggs
2 large (100g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
 2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.
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Lunch 1 [↗](#)

Eat on day 1, day 2

Buttery garlic green beans

164 cal ● 4g protein ● 10g fat ● 9g carbs ● 5g fiber



For single meal:

butter

2 1/2 tsp (12g)

garlic, minced

1 1/4 clove(s) (4g)

salt

1/4 tsp (1g)

**fresh green beans, trimmed,
snapped in half**

6 2/3 oz (189g)

lemon pepper

1 1/4 dash (0g)

For all 2 meals:

butter

5 tsp (24g)

garlic, minced

2 1/2 clove(s) (8g)

salt

1/2 tsp (3g)

**fresh green beans, trimmed,
snapped in half**

13 1/3 oz (378g)

lemon pepper

1/3 tsp (0g)

1. Place green beans in a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
5. Serve.

Lemon pepper chicken breast

8 oz - 296 cal ● 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.

Lunch 2 [↗](#)

Eat on day 3, day 4

Simple plain turkey burger

1 burger(s) - 188 cals ● 22g protein ● 11g fat ● 0g carbs ● 0g fiber



For single meal:

oil

1/2 tsp (3mL)

ground turkey, raw

4 oz (113g)

For all 2 meals:

oil

1 tsp (5mL)

ground turkey, raw

1/2 lbs (227g)

1. In a bowl, season the ground turkey with some salt, pepper, and any other preferred seasonings. Shape the ground turkey into a burger shape.
2. Heat oil on a hot grill or stovetop pan. Add burger and cook for about 3-4 minutes per side or until no longer pink inside. Serve.

White rice

83 cals ● 2g protein ● 0g fat ● 18g carbs ● 0g fiber



For single meal:

salt
1 dash (1g)
water
1/4 cup(s) (59mL)
long-grain white rice
2 tbsp (23g)
black pepper
3/4 dash, ground (0g)

For all 2 meals:

salt
2 dash (2g)
water
1/2 cup(s) (119mL)
long-grain white rice
4 tbsp (46g)
black pepper
1 1/2 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, season with pepper, and serve.

Edamame & beet salad

171 cal ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:

balsamic vinaigrette
1 tbsp (15mL)
beets, precooked (canned or refrigerated), chopped
2 beets (2" dia, sphere) (100g)
edamame, frozen, shelled
1/2 cup (59g)
mixed greens
1 cup (30g)

For all 2 meals:

balsamic vinaigrette
2 tbsp (30mL)
beets, precooked (canned or refrigerated), chopped
4 beets (2" dia, sphere) (200g)
edamame, frozen, shelled
1 cup (118g)
mixed greens
2 cup (60g)

1. Cook edamame according to package instructions.
 2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.
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Lunch 3 [↗](#)

Eat on day 5

Buttery brown rice

125 cal ● 2g protein ● 5g fat ● 17g carbs ● 1g fiber



butter
1 tsp (5g)
brown rice
2 tbsp (24g)
salt
3/4 dash (1g)
water
1/4 cup(s) (59mL)
black pepper
3/4 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

Cajun cod

8 oz - 249 cal ● 41g protein ● 8g fat ● 3g carbs ● 1g fiber



Makes 8 oz

cod, raw
1/2 lbs (227g)
cajun seasoning
2 2/3 tsp (6g)
oil
1/2 tbsp (7mL)

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.
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Lunch 4 [↗](#)

Eat on day 6, day 7

Simple mozzarella and tomato salad

121 cal ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes, sliced
3/8 large whole (3" dia) (68g)
fresh mozzarella cheese, sliced
1 oz (28g)
balsamic vinaigrette
1/2 tbsp (8mL)
fresh basil
1/2 tbsp, chopped (1g)

For all 2 meals:

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)

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

Chicken egg drop soup

267 cal ● 32g protein ● 14g fat ● 3g carbs ● 1g fiber



For single meal:

oil
3/8 tsp (2mL)
boneless skinless chicken breast, raw, cut into bite-sized pieces
3 oz (85g)
chicken broth
1 1/2 cup (360mL)
eggs
1 1/2 large (75g)
soy sauce
3/8 tsp (2mL)
sesame oil
3/8 tsp (2mL)
frozen chopped spinach
3 tbsp (29g)

For all 2 meals:

oil
1/4 tbsp (4mL)
boneless skinless chicken breast, raw, cut into bite-sized pieces
6 oz (170g)
chicken broth
3 cup (720mL)
eggs
3 large (150g)
soy sauce
1/4 tbsp (4mL)
sesame oil
1/4 tbsp (4mL)
frozen chopped spinach
6 tbsp (59g)

1. Add the oil (note, not the sesame oil) to the bottom of a pot over medium heat. Add the chicken and cook until browned and cooked through.
2. Add broth, soy sauce, and sesame oil to the pot and bring to a boil. Meanwhile, beat eggs in a cup and aside.
3. Add in the frozen spinach and cook until softened. Return to a boil.
4. Stir gently, while slowly pouring in the egg. Cook for about 1-2 minutes.
5. Season with salt/pepper to taste and serve.

Dinner roll

1 roll - 77 cal ● 3g protein ● 1g fat ● 13g carbs ● 1g fiber



For single meal:

Roll

1 pan, dinner, or small roll (2" square, 2" high) (28g)

For all 2 meals:

Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk

1/2 cup (120mL)

protein powder

1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

whole milk

1 1/2 cup (360mL)

protein powder

1 1/2 scoop (1/3 cup ea) (47g)

1. Mix until well-combined.
2. Serve.

Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange

1 orange (154g)

For all 3 meals:

orange

3 orange (462g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

honey
1 tsp (7g)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)

For all 2 meals:

honey
2 tsp (14g)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)

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

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.

Baked chips

8 crisps - 81 cals ● 1g protein ● 2g fat ● 14g carbs ● 1g fiber



For single meal:

baked chips, any flavor
8 crisps (19g)

For all 2 meals:

baked chips, any flavor
16 crisps (37g)

1. Enjoy.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

honey
1 tsp (7g)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)

For all 2 meals:

honey
2 tsp (14g)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)

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

Bell pepper strips and hummus

128 cals ● 6g protein ● 6g fat ● 8g carbs ● 5g fiber



For single meal:

hummus
4 tbsp (61g)
bell pepper
3/4 medium (89g)

For all 2 meals:

hummus
1/2 cup (122g)
bell pepper
1 1/2 medium (179g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

Dinner 1 [↗](#)

Eat on day 1

Buttered broccoli

1 1/4 cup(s) - 167 cals ● 4g protein ● 14g fat ● 2g carbs ● 3g fiber



Makes 1 1/4 cup(s)

black pepper
5/8 dash (0g)
salt
5/8 dash (0g)
frozen broccoli
1 1/4 cup (114g)
butter
1 1/4 tbsp (18g)

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

Basic ground turkey

5 1/3 oz - 250 cals ● 30g protein ● 15g fat ● 0g carbs ● 0g fiber



Makes 5 1/3 oz

oil
1/4 tbsp (3mL)
ground turkey, raw
1/3 lbs (151g)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

Dinner 2 [↗](#)

Eat on day 2, day 3

Simple chicken breast

10 2/3 oz - 427 cal ● 67g protein ● 17g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
2/3 lbs (299g)
salt
1/4 tbsp (4g)
black pepper
1/4 tbsp, ground (2g)
olive oil
2 tsp (10mL)
garlic powder
1 1/3 dash (1g)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/3 lbs (597g)
salt
1/2 tbsp (8g)
black pepper
1/2 tbsp, ground (3g)
olive oil
4 tsp (20mL)
garlic powder
1/3 tsp (1g)

1. First, rub the chicken with olive oil and seasonings. 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.
13. **ALL**
14. Finally (and this is important) let the chicken rest for at least 5 minutes before you cut it or all the juice you made the effort to keep in will come running right out, resulting in a flavorless, rubbery mass. When it comes to a juicy chicken breast, patience is a virtue.

Broccoli

1 1/2 cup(s) - 44 cal ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

frozen broccoli
1 1/2 cup (137g)

For all 2 meals:

frozen broccoli
3 cup (273g)

1. Prepare according to instructions on package.

Dinner 3 [↗](#)

Eat on day 4

Southwest chicken

8 oz - 362 cal ● 53g protein ● 13g fat ● 6g carbs ● 3g fiber



Makes 8 oz

oil

1 tsp (5mL)

cheese

1 tbsp, shredded (7g)

taco seasoning mix

1/2 tbsp (4g)

boneless skinless chicken breast, raw

1/2 lbs (224g)

bell pepper, cut into strips

1 medium (119g)

1. Rub taco seasoning evenly over all sides of chicken.
2. Heat oil in a skillet over medium heat.
3. Add chicken to skillet and cook about 6-10 minutes on each side or until completely cooked. Remove and set aside.
4. Add the sliced peppers into the skillet and cook for about 5 minutes until softened.
5. Plate peppers and chicken and sprinkle cheese on top.
6. Serve.

Lentils

116 cal ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



salt
1/3 dash (0g)
water
2/3 cup(s) (158mL)
lentils, raw, rinsed
2 2/3 tbsp (32g)

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.

Dinner 4 [↗](#)

Eat on day 5

Chicken beet & carrot salad bowl

337 cals ● 39g protein ● 15g fat ● 8g carbs ● 2g fiber



boneless skinless chicken breast, raw, cubed
6 oz (168g)
apple cider vinegar
3/8 tsp (0mL)
thyme, dried
1 1/2 dash, leaves (0g)
oil
3/4 tbsp (11mL)
carrots, thinly sliced
3/8 medium (23g)
beets, precooked (canned or refrigerated), cubed
3 oz (85g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



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.
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Dinner 5 [↗](#)

Eat on day 6, day 7

Olive oil drizzled broccoli

1 cup(s) - 70 cal ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
olive oil
1 tsp (5mL)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

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

Thai basil chicken

375 cal ● 45g protein ● 18g fat ● 8g carbs ● 1g fiber



For single meal:

oil
1/4 tbsp (4mL)
fresh basil, roughly chopped
4 tbsp leaves, whole (6g)
soy sauce
1/2 tbsp (8mL)
sugar
4 dash (2g)
serrano pepper, chopped
1 pepper(s) (6g)
garlic, minced
1 clove(s) (3g)
shallots, thinly sliced
1/4 shallot (28g)
boneless skinless chicken thighs, cubed
1/2 lbs (227g)

For all 2 meals:

oil
1/2 tbsp (8mL)
fresh basil, roughly chopped
1/2 cup leaves, whole (12g)
soy sauce
1 tbsp (15mL)
sugar
1 tsp (4g)
serrano pepper, chopped
2 pepper(s) (12g)
garlic, minced
2 clove(s) (6g)
shallots, thinly sliced
1/2 shallot (57g)
boneless skinless chicken thighs, cubed
1 lbs (454g)

1. Heat oil in a skillet over medium-high heat. Add serrano, shallots, and garlic. Cook 1-2 minutes until fragrant. Stir in chicken and stir fry until chicken is cooked, about 7-10 minutes.
2. Stir in sugar and soy sauce. Simmer until liquid has reduced, 2-3 minutes.
3. Turn off heat, add basil, and stir until wilted. Serve.