Meal Plan - 1500 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

1508 cals ● 132g protein (35%) ● 55g fat (33%) ● 105g carbs (28%) ● 16g fiber (4%)

Breakfast

320 cals, 18g protein, 15g net carbs, 19g fat

String cheese
1 stick(s)- 83 cals

Avocado toast with egg
1 slice(s)- 238 cals

Snacks

160 cals, 17g protein, 11g net carbs, 5g fat

Protein shake (milk)
129 cals

Cherry tomatoes
9 cherry tomatoes- 32 cals

Lunch

555 cals, 47g protein, 40g net carbs, 21g fat

Quinoa
1 cup quinoa, cooked- 208 cals

Hungarian goulash
345 cals

Dinner

475 cals, 50g protein, 41g net carbs, 11g fat

Spiced chicken tabbouleh bowl
362 cals

Milk
3/4 cup(s)- 112 cals

Day 2

1526 cals ● 145g protein (38%) ● 49g fat (29%) ● 110g carbs (29%) ● 17g fiber (4%)

Breakfast

320 cals, 18g protein, 15g net carbs, 19g fat

String cheese
1 stick(s)- 83 cals

Avocado toast with egg
1 slice(s)- 238 cals

Snacks

160 cals, 17g protein, 11g net carbs, 5g fat

Protein shake (milk)
129 cals

Cherry tomatoes
9 cherry tomatoes- 32 cals

Lunch

515 cals, 48g protein, 61g net carbs, 7g fat

Marinaded chicken breast
6 oz- 212 cals

Couscous
301 cals

Dinner

530 cals, 62g protein, 24g net carbs, 19g fat

Baked chicken with tomatoes & olives
9 oz- 449 cals

White rice
83 cals

Day 3

1535 cals | 136g protein (35%) | 37g fat (22%) | 148g carbs (39%) | 16g fiber (4%)

Breakfast

270 cals, 16g protein, 28g net carbs, 9g fat

Toast with butter
1 slice(s)- 114 cals

Lowfat Greek yogurt
1 container(s)- 155 cals

Snacks

160 cals, 17g protein, 11g net carbs, 5g fat

Protein shake (milk)
129 cals

Cherry tomatoes
9 cherry tomatoes- 32 cals

Lunch

515 cals, 48g protein, 61g net carbs, 7g fat

Marinaded chicken breast
6 oz- 212 cals

Couscous
301 cals

Dinner

595 cals, 54g protein, 49g net carbs, 17g fat

Simple mozzarella and tomato salad
121 cals

Chicken-broccoli-rice bowl
472 cals

Day 4

1479 cals | 133g protein (36%) | 70g fat (42%) | 65g carbs (18%) | 16g fiber (4%)

Breakfast

270 cals, 16g protein, 28g net carbs, 9g fat

Toast with butter
1 slice(s)- 114 cals

Lowfat Greek yogurt
1 container(s)- 155 cals

Snacks

220 cals, 12g protein, 26g net carbs, 7g fat

Cottage cheese & fruit cup
1 container- 107 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

Crackers
5 1/3 cracker(s)- 90 cals

Lunch

555 cals, 52g protein, 7g net carbs, 32g fat

Basic chicken & spinach salad
380 cals

Avocado
176 cals

Dinner

435 cals, 52g protein, 5g net carbs, 22g fat

Roasted tomatoes
2 tomato(es)- 119 cals

Basic chicken breast
8 oz- 317 cals

Day 5

1488 cals 135g protein (36%) 69g fat (42%) 66g carbs (18%) 17g fiber (5%)

Breakfast

270 cals, 16g protein, 28g net carbs, 9g fat

Toast with butter
1 slice(s)- 114 cals

Lowfat Greek yogurt
1 container(s)- 155 cals

Snacks

220 cals, 12g protein, 26g net carbs, 7g fat

Cottage cheese & fruit cup
1 container- 107 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

Crackers
5 1/3 cracker(s)- 90 cals

Lunch

555 cals, 52g protein, 7g net carbs, 32g fat

Basic chicken & spinach salad
380 cals

Avocado
176 cals

Dinner

445 cals, 54g protein, 5g net carbs, 22g fat

Buttered broccoli
1 cup(s)- 134 cals

Cajun cod
10 oz- 312 cals

Day 6

1499 cals 135g protein (36%) 68g fat (41%) 71g carbs (19%) 16g fiber (4%)

Breakfast

195 cals, 14g protein, 9g net carbs, 10g fat

Egg & avocado salad
133 cals

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

Snacks

245 cals, 15g protein, 33g net carbs, 4g fat

Breakfast cereal with protein milk
186 cals

Grapefruit
1/2 grapefruit- 59 cals

Lunch

545 cals, 40g protein, 19g net carbs, 33g fat

Baked chicken thighs
6 oz- 386 cals

Roasted rosemary sweet potatoes
158 cals

Dinner

515 cals, 66g protein, 10g net carbs, 21g fat

Enchilada chicken
9 oz chicken- 466 cals

Simple salad with tomatoes and carrots
49 cals

Day 7

1499 cals 135g protein (36%) 68g fat (41%) 71g carbs (19%) 16g fiber (4%)

Breakfast

195 cals, 14g protein, 9g net carbs, 10g fat

Egg & avocado salad
133 cals

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

Lunch

545 cals, 40g protein, 19g net carbs, 33g fat

Baked chicken thighs
6 oz- 386 cals

Roasted rosemary sweet potatoes
158 cals

Snacks

245 cals, 15g protein, 33g net carbs, 4g fat

Breakfast cereal with protein milk
186 cals

Grapefruit
1/2 grapefruit- 59 cals

Dinner

515 cals, 66g protein, 10g net carbs, 21g fat

Enchilada chicken
9 oz chicken- 466 cals

Simple salad with tomatoes and carrots
49 cals

Grocery List

Dairy and Egg Products

- [ ] string cheese
  2 stick (56g)
- [ ] eggs
  4 large (200g)
- [ ] whole milk
  3 cup (720mL)
- [ ] fresh mozzarella cheese
  1 oz (28g)
- [ ] butter
  1/4 stick (28g)
- [ ] lowfat flavored greek yogurt
  3 (5.3 oz) container(s) (450g)
- [ ] low fat cottage cheese (1% milkfat)
  1/2 cup (113g)
- [ ] cheddar cheese
  6 tbsp, shredded (42g)

Fruits and Fruit Juices

- [ ] avocados
  2 avocado(s) (368g)
- [ ] lemon juice
  1/4 fl oz (7mL)
- [ ] green olives
  9 large (40g)
- [ ] Grapefruit
  1 large (approx 4-1/2" dia) (332g)

Baked Products

- [ ] bread
  5 slice (160g)
- [ ] crackers
  10 2/3 crackers (37g)

Cereal Grains and Pasta

- [ ] quinoa, uncooked
  1/3 cup (57g)
- [ ] instant couscous, flavored
  1 1/4 box (5.8 oz) (206g)
- [ ] long-grain white rice
  2 tbsp (23g)

Beverages

- [ ] water
  1 cup(s) (261mL)
- [ ] protein powder
  2 1/4 scoop (1/3 cup ea) (70g)

Vegetables and Vegetable Products

- [ ] tomato paste
  1/8 can (6 oz) (21g)
- [ ] garlic
  1/8 clove (0g)
- [ ] onion
  3/8 medium (2-1/2" dia) (41g)
- [ ] cucumber
  1/8 cucumber (8-1/4") (38g)
- [ ] tomatoes
  9 1/3 medium whole (2-3/5" dia) (1148g)
- [ ] fresh parsley
  1 sprigs (1g)
- [ ] frozen broccoli
  7 oz (198g)
- [ ] fresh spinach
  5 cup(s) (150g)
- [ ] sweet potatoes
  1 sweetpotato, 5" long (210g)
- [ ] carrots
  1/4 medium (15g)
- [ ] romaine lettuce
  1/2 hearts (250g)

Beef Products

- [ ] beef stew meat, raw
  6 oz (170g)

Fats and Oils

- [ ] oil
  2 oz (59mL)
- [ ] olive oil
  2/3 oz (26mL)
- [ ] marinade sauce
  6 tbsp (91mL)
- [ ] balsamic vinaigrette
  1/2 tbsp (7mL)
- [ ] salad dressing
  1/4 cup (68mL)

Poultry Products

- [ ] boneless skinless chicken breast, raw
  4 2/3 lbs (2087g)
- [ ] chicken thighs, with bone and skin, raw
  2 thigh (6 oz ea) (340g)

Meals, Entrees, and Side Dishes

Spices and Herbs

- [ ] paprika
  1/4 tbsp (2g)
- [ ] black pepper
  3 g (3g)
- [ ] salt
  1/2 oz (13g)
- [ ] ground cumin
  2 dash (1g)
- [ ] chili powder
  1 tbsp (8g)
- [ ] fresh basil
  1/4 oz (6g)
- [ ] cajun seasoning
  1 tbsp (8g)
- [ ] thyme, dried
  1 dash, ground (0g)
- [ ] rosemary
  1/2 tbsp (2g)
- [ ] garlic powder
  1/3 tsp (1g)
- [ ] flavored rice mix
  3/8 pouch (~5.6 oz) (59g)

Other

- [ ] cottage cheese & fruit cup
  2 container (266g)
- [ ] mixed greens
  2/3 cup (20g)

Finfish and Shellfish Products

- [ ] cod, raw
  10 oz (283g)

Sweets

- [ ] honey
  2 tsp (14g)

Soups, Sauces, and Gravies

- [ ] enchilada sauce
  3/4 cup (180g)

Breakfast Cereals

- [ ] breakfast cereal
  1 1/2 serving (45g)

Recipes

Breakfast 1

Eat on day 1, day 2

String cheese

1 stick(s) - 83 cals 7g protein 6g fat 2g carbs 0g fiber

For single meal:

string cheese
1 stick (28g)

For all 2 meals:

string cheese
2 stick (56g)

1. This recipe has no instructions.

Avocado toast with egg

1 slice(s) - 238 cals 11g protein 13g fat 13g carbs 5g fiber

For single meal:

avocados, ripe, sliced
1/4 avocado(s) (50g)
eggs
1 large (50g)
bread
1 slice (32g)

For all 2 meals:

avocados, ripe, sliced
1/2 avocado(s) (101g)
eggs
2 large (100g)
bread
2 slice (64g)

1. Cook the egg however you prefer.
2. Toast the bread.
3. Top with ripe avocado and use a fork to smash it around the bread.
4. Top avocado with the cooked egg. Serve.

Breakfast 2

Eat on day 3, day 4, day 5

Toast with butter

1 slice(s) - 114 cals 4g protein 5g fat 12g carbs 2g fiber

For single meal:

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

For all 3 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)

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

Lowfat Greek yogurt

1 container(s) - 155 cals 12g protein 4g fat 16g carbs 2g fiber

For single meal:

lowfat flavored greek yogurt
1 (5.3 oz) container(s) (150g)

For all 3 meals:

lowfat flavored greek yogurt
3 (5.3 oz) container(s) (450g)

1. This recipe has no instructions.

Breakfast 3

Eat on day 6, day 7

Egg & avocado salad

133 cals 7g protein 10g fat 2g carbs 3g fiber

For single meal:

mixed greens
1/3 cup (10g)
avocados
1/6 avocado(s) (34g)
eggs, hard-boiled and chilled
1 large (50g)
garlic powder
1 1/3 dash (1g)

For all 2 meals:

mixed greens
2/3 cup (20g)
avocados
1/3 avocado(s) (67g)
eggs, hard-boiled and chilled
2 large (100g)
garlic powder
1/3 tsp (1g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

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.

Lunch 1

Eat on day 1

Quinoa

1 cup quinoa, cooked - 208 cals 8g protein 3g fat 32g carbs 4g fiber

Makes 1 cup quinoa, cooked

quinoa, uncooked
1/3 cup (57g)
water
2/3 cup(s) (158mL)

1. (Note: Follow quinoa package's instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Hungarian goulash

345 cals 39g protein 17g fat 7g carbs 2g fiber

paprika, preferably Hungarian sweet paprika
1/4 tbsp (2g)
tomato paste
1/8 can (6 oz) (21g)
garlic, minced
1/8 clove (0g)
water
1/6 cup(s) (44mL)
beef stew meat, raw, cut into 1.5 inch cubes
6 oz (170g)
black pepper
1/2 dash, ground (0g)
salt
3 dash (2g)
onion, sliced
3/8 medium (2-1/2" dia) (41g)
oil
2 tsp (10mL)

1. Heat oil in a large pot or Dutch oven over medium heat. Cook onions in oil until soft, stirring frequently. Remove onions and set aside.
2. In a medium bowl, combine paprika, pepper, and half the salt. Coat beef cubes in spice mixture, and cook in onion pot until brown on all sides. Return the onions to the pot, and pour in tomato paste, water, garlic and the remaining salt. Reduce heat to low, cover and simmer, stirring occasionally, 1 1/2 to 2 hours, or until meat is tender.

Lunch 2

Eat on day 2, day 3

Marinaded chicken breast

6 oz - 212 cals 38g protein 6g fat 1g carbs 0g fiber

For single meal:

boneless skinless chicken breast, raw
6 oz (168g)
marinade sauce
3 tbsp (45mL)

For all 2 meals:

boneless skinless chicken breast, raw
3/4 lbs (336g)
marinade sauce
6 tbsp (90mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinade for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

Couscous

301 cals 11g protein 1g fat 60g carbs 4g fiber

For single meal:

instant couscous, flavored
1/2 box (5.8 oz) (82g)

For all 2 meals:

instant couscous, flavored
1 box (5.8 oz) (164g)

1. Follow instructions on package.

Lunch 3

Eat on day 4, day 5

Basic chicken & spinach salad

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

For single meal:

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)

For all 2 meals:

salad dressing
1/4 cup (56mL)
oil
2 1/2 tsp (13mL)
boneless skinless chicken breast, raw, chopped, cooked
1 lbs (425g)
fresh spinach
5 cup(s) (150g)

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.

Avocado

176 cals 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.

Lunch 4

Eat on day 6, day 7

Baked chicken thighs

6 oz - 386 cals 38g protein 26g fat 0g carbs 0g fiber

For single meal:

salt
2 dash (2g)
black pepper
1 dash, ground (0g)
chicken thighs, with bone and skin, raw, bone and skin
1 thigh (6 oz ea) (170g)
thyme, dried
1/2 dash, ground (0g)

For all 2 meals:

salt
4 dash (3g)
black pepper
2 dash, ground (1g)
chicken thighs, with bone and skin, raw, bone and skin
2 thigh (6 oz ea) (340g)
thyme, dried
1 dash, ground (0g)

1. Preheat oven to 350 degrees.
2. Using cooking spray or a little bit of oil, lightly grease a baking sheet and arrange the chicken thighs on it.
3. Mix seasonings together in a bowl or other container and sprinkle liberally over the thighs. If you feel inclined, you can flip the thighs and sprinkle seasonings on the bottom as well (be sure to flip them back before baking).
4. Bake in the preheated oven until skin is crispy, juices run clear and thighs are no longer pink at the bone, about 1 hour.

Roasted rosemary sweet potatoes

158 cals 2g protein 7g fat 18g carbs 4g fiber

For single meal:

sweet potatoes, cut into 1" cubes
1/2 sweetpotato, 5" long (105g)
rosemary
1/4 tbsp (1g)
olive oil
1/2 tbsp (8mL)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)

For all 2 meals:

sweet potatoes, cut into 1" cubes
1 sweetpotato, 5" long (210g)
rosemary
1/2 tbsp (2g)
olive oil
1 tbsp (15mL)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Snacks 1

Eat on day 1, day 2, day 3

Protein shake (milk)

129 cals 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.

Cherry tomatoes

9 cherry tomatoes - 32 cals 1g protein 0g fat 4g carbs 2g fiber

For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 3 meals:

tomatoes
27 cherry tomatoes (459g)

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

Snacks 2

Eat on day 4, day 5

Cottage cheese & fruit cup

1 container - 107 cals 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.

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.

Crackers

5 1/3 cracker(s) - 90 cals 1g protein 4g fat 12g carbs 1g fiber

For single meal:

crackers
5 1/3 crackers (19g)

For all 2 meals:

crackers
10 2/3 crackers (37g)

1. Enjoy.

Snacks 3

Eat on day 6, day 7

Breakfast cereal with protein milk

186 cals 14g protein 4g fat 22g carbs 2g fiber

For single meal:

whole milk
6 tbsp (90mL)
breakfast cereal
3/4 serving (23g)
protein powder
3/8 scoop (1/3 cup ea) (12g)

For all 2 meals:

whole milk
3/4 cup (180mL)
breakfast cereal
1 1/2 serving (45g)
protein powder
3/4 scoop (1/3 cup ea) (23g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Grapefruit

1/2 grapefruit - 59 cals 1g protein 0g fat 12g carbs 2g fiber

For single meal:

Grapefruit
1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

Grapefruit
1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Dinner 1

Eat on day 1

Spiced chicken tabbouleh bowl

362 cals 44g protein 5g fat 32g carbs 3g fiber

boneless skinless chicken breast, raw
6 oz (168g)
instant couscous, flavored
1/4 box (5.8 oz) (41g)
oil
1/8 tsp (1mL)
ground cumin
2 dash (1g)
cucumber, chopped
1/8 cucumber (8-1/4") (38g)
tomatoes, chopped
1/4 roma tomato (20g)
fresh parsley, chopped
1 sprigs (1g)
lemon juice
3/8 tsp (2mL)

1. Coat chicken with oil, cumin and a dash of salt. Place in a skillet over medium heat and cook until chicken is cooked through. Set aside.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Chop the chicken.
4. Assemble bowl with couscous, chicken, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Milk

3/4 cup(s) - 112 cals 6g protein 6g fat 9g carbs 0g fiber

Makes 3/4 cup(s)

whole milk
3/4 cup (180mL)

1. This recipe has no instructions.

Dinner 2

Eat on day 2

Baked chicken with tomatoes & olives

9 oz - 449 cals 60g protein 19g fat 6g carbs 5g fiber

Makes 9 oz

tomatoes
9 cherry tomatoes (153g)
olive oil
1/2 tbsp (8mL)
salt
3 dash (2g)
green olives
9 large (40g)
black pepper
3 dash (0g)
chili powder
1/2 tbsp (4g)
boneless skinless chicken breast, raw
1/2 lbs (255g)
fresh basil, shredded
9 leaves (5g)

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.

White rice

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

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

Dinner 3

Eat on day 3

Simple mozzarella and tomato salad

121 cals 7g protein 8g fat 3g carbs 1g fiber

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)

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

Chicken-broccoli-rice bowl

472 cals 47g protein 9g fat 46g carbs 5g fiber

boneless skinless chicken breast, raw
6 oz (168g)
frozen broccoli
3/8 package (107g)
flavored rice mix
3/8 pouch (~5.6 oz) (59g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)
olive oil
1/4 tbsp (4mL)

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.

Dinner 4

Eat on day 4

Roasted tomatoes

2 tomato(es) - 119 cals 2g protein 9g fat 5g carbs 2g fiber

Makes 2 tomato(es)

tomatoes
2 small whole (2-2/5" dia) (182g)
oil
2 tsp (10mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Basic chicken breast

8 oz - 317 cals 50g protein 13g fat 0g carbs 0g fiber

Makes 8 oz

oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1/2 lbs (224g)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. STOVETOP: Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. BAKED: Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. BROILED/GRILLED: Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. ALL: Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

Dinner 5

Eat on day 5

Buttered broccoli

1 cup(s) - 134 cals 3g protein 12g fat 2g carbs 3g fiber

Makes 1 cup(s)

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
butter
1 tbsp (14g)

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

Cajun cod

10 oz - 312 cals 51g protein 10g fat 3g carbs 1g fiber

Makes 10 oz

cod, raw
10 oz (283g)
cajun seasoning
1 tbsp (8g)
oil
1/2 tbsp (8mL)

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 6

Eat on day 6, day 7

Enchilada chicken

9 oz chicken - 466 cals 64g protein 19g fat 7g carbs 2g fiber

For single meal:

cheddar cheese
3 tbsp, shredded (21g)
enchilada sauce
6 tbsp (90g)
chili powder
1/4 tbsp (2g)
oil
1 tsp (6mL)
boneless skinless chicken breast, raw
1/2 lbs (255g)

For all 2 meals:

cheddar cheese
6 tbsp, shredded (42g)
enchilada sauce
3/4 cup (180g)
chili powder
1/2 tbsp (4g)
oil
3/4 tbsp (11mL)
boneless skinless chicken breast, raw
1 lbs (510g)

1. Preheat oven to 350°F (180°C).
2. Season chicken with chili powder and some salt.
3. Add oil to an ovenproof skillet and heat over medium heat. Add chicken and cook for about 3 minutes on each side until it's browned.
4. Pour in enchilada sauce and sprinkle cheese on top.
5. Bake for 15-20 minutes until chicken is done and cheese has melted into the sauce. Serve.

Simple salad with tomatoes and carrots

49 cals 2g protein 2g fat 4g carbs 3g fiber

For single meal:

salad dressing
1 tsp (6mL)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)
carrots, sliced
1/8 medium (8g)
romaine lettuce, roughly chopped
1/4 hearts (125g)

For all 2 meals:

salad dressing
3/4 tbsp (11mL)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
carrots, sliced
1/4 medium (15g)
romaine lettuce, roughly chopped
1/2 hearts (250g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.