

Meal Plan - 1700 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

1729 cals ● 173g protein (40%) ● 69g fat (36%) ● 85g carbs (20%) ● 19g fiber (4%)

Breakfast

345 cals, 23g protein, 29g net carbs, 13g fat



[Egg & guac sandwich](#)
1/2 sandwich(es)- 191 cals



[Lowfat Greek yogurt](#)
1 container(s)- 155 cals

Snacks

295 cals, 8g protein, 36g net carbs, 12g fat



[Sunflower seeds](#)
90 cals



[Baked chips](#)
20 crisps- 203 cals

Lunch

530 cals, 62g protein, 13g net carbs, 24g fat



[Simple kale salad](#)
1 1/2 cup(s)- 83 cals



[Baked chicken with tomatoes & olives](#)
9 oz- 449 cals

Dinner

560 cals, 81g protein, 8g net carbs, 20g fat



[Basic chicken breast](#)
12 oz- 476 cals



[Sugar snap peas](#)
82 cals

Day 2

1745 cals ● 152g protein (35%) ● 60g fat (31%) ● 132g carbs (30%) ● 17g fiber (4%)

Breakfast

345 cals, 23g protein, 29g net carbs, 13g fat



[Egg & guac sandwich](#)
1/2 sandwich(es)- 191 cals



[Lowfat Greek yogurt](#)
1 container(s)- 155 cals

Snacks

295 cals, 8g protein, 36g net carbs, 12g fat



[Sunflower seeds](#)
90 cals



[Baked chips](#)
20 crisps- 203 cals

Lunch

550 cals, 41g protein, 59g net carbs, 15g fat



[Chicken curry with rice](#)
521 cals



[Simple kale salad](#)
1/2 cup(s)- 28 cals

Dinner

560 cals, 81g protein, 8g net carbs, 20g fat



[Basic chicken breast](#)
12 oz- 476 cals



[Sugar snap peas](#)
82 cals

Day 3

1669 cals ● 163g protein (39%) ● 70g fat (38%) ● 77g carbs (19%) ● 20g fiber (5%)

Breakfast

330 cals, 21g protein, 21g net carbs, 15g fat



Boiled eggs
2 egg(s)- 139 cals



Hummus toast
1 slice(s)- 146 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Snacks

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



Celery and peanut butter
109 cals



Beef jerky
73 cals



Walnuts
1/8 cup(s)- 87 cals

Lunch

515 cals, 59g protein, 14g net carbs, 24g fat



Basic chicken & spinach salad
406 cals



Milk
3/4 cup(s)- 112 cals

Dinner

555 cals, 66g protein, 33g net carbs, 14g fat



Pork-broccoli-sweet potato bowl
554 cals

Day 4

1719 cals ● 167g protein (39%) ● 66g fat (34%) ● 92g carbs (21%) ● 23g fiber (5%)

Breakfast

330 cals, 21g protein, 21g net carbs, 15g fat



Boiled eggs
2 egg(s)- 139 cals



Hummus toast
1 slice(s)- 146 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Snacks

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



Celery and peanut butter
109 cals



Beef jerky
73 cals



Walnuts
1/8 cup(s)- 87 cals

Lunch

515 cals, 59g protein, 14g net carbs, 24g fat



Basic chicken & spinach salad
406 cals



Milk
3/4 cup(s)- 112 cals

Dinner

605 cals, 70g protein, 47g net carbs, 9g fat



Mexican posole soup
605 cals

Day 5

1770 cals ● 174g protein (39%) ● 31g fat (16%) ● 164g carbs (37%) ● 34g fiber (8%)

Breakfast

330 cals, 21g protein, 21g net carbs, 15g fat



Boiled eggs
2 egg(s)- 139 cals



Hummus toast
1 slice(s)- 146 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Snacks

260 cals, 27g protein, 28g net carbs, 1g fat



Green protein shake
261 cals

Lunch

575 cals, 55g protein, 68g net carbs, 7g fat



Fruit juice
1/2 cup(s)- 57 cals



Bbq chicken stuffed sweet potatoes
1 potato(es)- 520 cals

Dinner

605 cals, 70g protein, 47g net carbs, 9g fat



Mexican posole soup
605 cals

Day 6

1682 cals ● 167g protein (40%) ● 48g fat (26%) ● 117g carbs (28%) ● 28g fiber (7%)

Breakfast

325 cals, 15g protein, 4g net carbs, 24g fat



Eggs with tomato and avocado
326 cals

Snacks

260 cals, 27g protein, 28g net carbs, 1g fat



Green protein shake
261 cals

Lunch

575 cals, 55g protein, 68g net carbs, 7g fat



Fruit juice
1/2 cup(s)- 57 cals



Bbq chicken stuffed sweet potatoes
1 potato(es)- 520 cals

Dinner

520 cals, 70g protein, 17g net carbs, 16g fat



Marinated chicken breast
10 oz- 353 cals



Buttered lima beans
165 cals

Day 7

1650 cals ● 154g protein (37%) ● 65g fat (35%) ● 84g carbs (20%) ● 30g fiber (7%)

Breakfast

325 cals, 15g protein, 4g net carbs, 24g fat



Eggs with tomato and avocado
326 cals

Snacks

260 cals, 27g protein, 28g net carbs, 1g fat



Green protein shake
261 cals

Lunch

545 cals, 42g protein, 34g net carbs, 23g fat



Roasted cashews
1/8 cup(s)- 104 cals



Turkey-broccoli-sweet potato bowl
441 cals

Dinner

520 cals, 70g protein, 17g net carbs, 16g fat



Marinated chicken breast
10 oz- 353 cals



Buttered lima beans
165 cals

Fats and Oils

- ☐ oil
1 1/4 oz (38mL)
- ☐ salad dressing
6 tbsp (90mL)
- ☐ olive oil
3 1/2 tsp (18mL)
- ☐ marinade sauce
10 tbsp (151mL)

Other

- ☐ guacamole, store-bought
2 tbsp (31g)
- ☐ baked chips, any flavor
40 crips (93g)
- ☐ curry sauce
1/3 jar (15 oz) (142g)
- ☐ stewed tomatoes with peppers and spices
1 1/3 can (~15 oz) (560g)

Dairy and Egg Products

- ☐ eggs
12 large (600g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ whole milk
1 1/2 cup (360mL)
- ☐ butter
1 tbsp (14g)

Baked Products

- ☐ bread
1/3 lbs (160g)

Vegetables and Vegetable Products

- ☐ kale leaves
2 cup, chopped (80g)
- ☐ tomatoes
7 medium whole (2-3/5" dia) (873g)
- ☐ frozen sugar snap peas
2 2/3 cup (384g)
- ☐ sweet potatoes
3 1/2 sweetpotato, 5" long (753g)
- ☐ frozen broccoli
3/4 package (225g)
- ☐ fresh spinach
8 1/3 cup(s) (250g)

Fruits and Fruit Juices

- ☐ green olives
9 large (40g)
- ☐ orange
3 orange (462g)
- ☐ banana
1 1/2 medium (7" to 7-7/8" long) (177g)
- ☐ fruit juice
8 fl oz (240mL)
- ☐ avocados
1 avocado(s) (201g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
5 2/3 lbs (2538g)
- ☐ ground turkey, raw
6 oz (170g)

Nut and Seed Products

- ☐ sunflower kernels
1 oz (28g)
- ☐ walnuts
4 tbsp, shelled (25g)
- ☐ roasted cashews
2 tbsp, halves and whole (17g)

Cereal Grains and Pasta

- ☐ long-grain white rice
1/3 cup (62g)
- ☐ white hominy
1 1/3 can (15.5 oz) (586g)

Pork Products

- ☐ pork tenderloin, raw
2 lbs (888g)

Legumes and Legume Products

- ☐ hummus
1/2 cup (113g)
- ☐ peanut butter
2 tbsp (32g)

Snacks

- ☐ beef jerky
2 oz (57g)

- ☐ raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)
- ☐ lima beans, frozen
3/4 package (10 oz) (213g)

Spices and Herbs

- ☐ salt
1/3 oz (8g)
 - ☐ black pepper
2 g (2g)
 - ☐ chili powder
1/2 tbsp (4g)
 - ☐ fresh basil
13 leaves (7g)
 - ☐ paprika
3 dash (1g)
 - ☐ chipotle seasoning
1 tbsp (6g)
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Beverages

- ☐ water
2 cup(s) (493mL)
- ☐ protein powder, vanilla
3 scoop (1/3 cup ea) (93g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
1/3 cup (95g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Egg & guac sandwich

1/2 sandwich(es) - 191 cals ● 11g protein ● 10g fat ● 13g carbs ● 3g fiber



For single meal:

oil
1/4 tsp (1mL)
guacamole, store-bought
1 tbsp (15g)
eggs
1 large (50g)
bread
1 slice(s) (32g)

For all 2 meals:

oil
1/2 tsp (3mL)
guacamole, store-bought
2 tbsp (31g)
eggs
2 large (100g)
bread
2 slice(s) (64g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

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 ea) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

hummus
2 1/2 tbsp (38g)
bread
1 slice (32g)

For all 3 meals:

hummus
1/2 cup (113g)
bread
3 slice (96g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 3 meals:

tomatoes
36 cherry tomatoes (612g)

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

Breakfast 3 [↗](#)

Eat on day 6, day 7

Eggs with tomato and avocado

326 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

tomatoes

2 slice(s), thick/large (1/2" thick)
(54g)

eggs

2 large (100g)

avocados, sliced

1/2 avocado(s) (101g)

salt

2 dash (1g)

black pepper

2 dash (0g)

fresh basil, chopped

2 leaves (1g)

For all 2 meals:

tomatoes

4 slice(s), thick/large (1/2" thick)
(108g)

eggs

4 large (200g)

avocados, sliced

1 avocado(s) (201g)

salt

4 dash (2g)

black pepper

4 dash (0g)

fresh basil, chopped

4 leaves (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Lunch 1 [↗](#)

Eat on day 1

Simple kale salad

1 1/2 cup(s) - 83 cals ● 2g protein ● 5g fat ● 7g carbs ● 1g fiber



Makes 1 1/2 cup(s)

salad dressing

1 1/2 tbsp (23mL)

kale leaves

1 1/2 cup, chopped (60g)

1. Toss kale in dressing of your choice and serve.

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.

Lunch 2 [🔗](#)

Eat on day 2

Chicken curry with rice

521 cals ● 40g protein ● 13g fat ● 57g carbs ● 3g fiber



boneless skinless chicken breast, raw, cut into 1/2 inch chunks

1/3 lbs (149g)

curry sauce

1/3 jar (15 oz) (142g)

long-grain white rice

1/3 cup (62g)

1. Cook rice according to package.
2. Meanwhile, cook cubed chicken in a non-stick skillet until it's nearly cooked-through.
3. Drain any excess liquid and pour in curry sauce. Bring to a simmer and cook until chicken is done.
4. Serve chicken curry over rice.

Simple kale salad

1/2 cup(s) - 28 cals ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



Makes 1/2 cup(s)

salad dressing

1/2 tbsp (8mL)

kale leaves

1/2 cup, chopped (20g)

1. Toss kale in dressing of your choice and serve.

Lunch 3 [🔗](#)

Eat on day 3, day 4

Basic chicken & spinach salad

406 cals ● 53g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

salad dressing

2 tbsp (30mL)

oil

1/2 tbsp (7mL)

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

1/2 lbs (227g)

fresh spinach

2 2/3 cup(s) (80g)

For all 2 meals:

salad dressing

4 tbsp (60mL)

oil

2 2/3 tsp (13mL)

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

16 oz (453g)

fresh spinach

5 1/3 cup(s) (160g)

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.

Milk

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



For single meal:

whole milk

3/4 cup (180mL)

For all 2 meals:

whole milk

1 1/2 cup (360mL)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5, day 6

Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

fruit juice

4 fl oz (120mL)

For all 2 meals:

fruit juice

8 fl oz (240mL)

1. This recipe has no instructions.

Bbq chicken stuffed sweet potatoes

1 potato(es) - 520 cals ● 54g protein ● 6g fat ● 55g carbs ● 7g fiber



For single meal:

sweet potatoes, halved

1 sweetpotato, 5" long (210g)

barbecue sauce

2 2/3 tbsp (48g)

boneless skinless chicken breast, raw

1/2 lbs (224g)

For all 2 meals:

sweet potatoes, halved

2 sweetpotato, 5" long (420g)

barbecue sauce

1/3 cup (95g)

boneless skinless chicken breast, raw

1 lbs (448g)

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.

Lunch 5 [🔗](#)

Eat on day 7

Roasted cashews

1/8 cup(s) - 104 cal ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber

Makes 1/8 cup(s)

roasted cashews

2 tbsp, halves and whole (17g)



1. This recipe has no instructions.

Turkey-broccoli-sweet potato bowl

441 cal ● 39g protein ● 15g fat ● 29g carbs ● 8g fiber



ground turkey, raw

6 oz (170g)

paprika

1 1/2 dash (0g)

sweet potatoes, cut into bite-sized cubes

3/4 sweet potato, 5" long (158g)

frozen broccoli

3/8 package (107g)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash, ground (0g)

olive oil

3/8 tsp (2mL)

1. Preheat oven to 400 F (200 C)
 2. Coat the sweet potatoes with the oil, paprika, salt, and pepper.
 3. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
 4. Meanwhile, cook the ground turkey in a large non-stick skillet over medium-high heat for 7-10 minutes, stirring occasionally. Set aside.
 5. Prepare the broccoli according to the instructions on its packaging.
 6. Once all items are prepared, bring the turkey, broccoli, and sweet potatoes together. Serve with some more salt and pepper.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

sunflower kernels

1/2 oz (14g)

For all 2 meals:

sunflower kernels

1 oz (28g)

1. This recipe has no instructions.

Baked chips

20 crisps - 203 cals ● 3g protein ● 5g fat ● 35g carbs ● 2g fiber



For single meal:

baked chips, any flavor

20 crisps (47g)

For all 2 meals:

baked chips, any flavor

40 crisps (93g)

1. Enjoy.

Snacks 2 [↗](#)

Eat on day 3, day 4

Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

raw celery

1 stalk, medium (7-1/2" - 8" long)
(40g)

peanut butter

1 tbsp (16g)

For all 2 meals:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

peanut butter

2 tbsp (32g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

Beef jerky

73 cals ● 11g protein ● 1g fat ● 6g carbs ● 0g fiber



For single meal:

beef jerky
1 oz (28g)

For all 2 meals:

beef jerky
2 oz (57g)

1. This recipe has no instructions.

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
2 tbsp, shelled (13g)

For all 2 meals:

walnuts
4 tbsp, shelled (25g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Green protein shake

261 cals ● 27g protein ● 1g fat ● 28g carbs ● 8g fiber



For single meal:

fresh spinach
1 cup(s) (30g)
water
1/4 cup(s) (59mL)
orange, peeled, sliced, and deseeded
1 orange (154g)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
banana, frozen
1/2 medium (7" to 7-7/8" long) (59g)

For all 3 meals:

fresh spinach
3 cup(s) (90g)
water
3/4 cup(s) (178mL)
orange, peeled, sliced, and deseeded
3 orange (462g)
protein powder, vanilla
3 scoop (1/3 cup ea) (93g)
banana, frozen
1 1/2 medium (7" to 7-7/8" long) (177g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

Dinner 1 [↗](#)

Eat on day 1, day 2

Basic chicken breast

12 oz - 476 cals ● 76g protein ● 19g fat ● 0g carbs ● 0g fiber



For single meal:

oil
3/4 tbsp (11mL)
boneless skinless chicken breast, raw
3/4 lbs (336g)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
boneless skinless chicken breast, raw
1 1/2 lbs (672g)

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.

Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:

frozen sugar snap peas
1 1/3 cup (192g)

For all 2 meals:

frozen sugar snap peas
2 2/3 cup (384g)

1. Prepare according to instructions on package.
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Dinner 2 [↗](#)

Eat on day 3

Pork-broccoli-sweet potato bowl

554 cals ● 66g protein ● 14g fat ● 33g carbs ● 9g fiber

**paprika**

1/4 tsp (0g)

sweet potatoes, cut into bite-sized cubes

5/6 sweetpotato, 5" long (175g)

frozen broccoli

3/8 package (118g)

salt

1/4 tsp (1g)

black pepper

1/4 tsp, ground (0g)

pork tenderloin, raw, cut into bite-sized cubes

10 oz (284g)

olive oil

1/2 tbsp (8mL)

1. Preheat oven to 400 F (200 C)
2. In a small bowl add the salt, pepper, paprika, and half of the olive oil. Mix until blended.
3. Take the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring frequently. Set aside.
6. Prepare the broccoli according to the instructions on its packaging.
7. Once all items are prepared, bring the pork, broccoli, and sweet potatoes together; stir (or keep it all separate-whichever you prefer!). Serve.

Dinner 3 [🔗](#)

Eat on day 4, day 5

Mexican posole soup

605 cals ● 70g protein ● 9g fat ● 47g carbs ● 12g fiber



For single meal:

water

2/3 cup(s) (158mL)

white hominy, undrained

2/3 can (15.5 oz) (293g)

pork tenderloin, raw, trimmed, cut into bite-sized pieces

2/3 lbs (302g)

chipotle seasoning

1/2 tbsp (3g)

stewed tomatoes with peppers and spices, undrained

2/3 can (~15 oz) (280g)

For all 2 meals:

water

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

white hominy, undrained

1 1/3 can (15.5 oz) (586g)

pork tenderloin, raw, trimmed, cut into bite-sized pieces

1 1/3 lbs (605g)

chipotle seasoning

1 tbsp (6g)

stewed tomatoes with peppers and spices, undrained

1 1/3 can (~15 oz) (560g)

1. Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
2. Sprinkle pork evenly with chipotle seasoning blend.
3. Add pork to pan; cook 4 minutes or until browned.
4. Stir in hominy, tomatoes, and 1 cup water. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until pork is tender. Stir in cilantro (optional).
5. Serve.

Dinner 4 [↗](#)

Eat on day 6, day 7

Marinated chicken breast

10 oz - 353 cals ● 63g protein ● 11g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

10 oz (280g)

marinade sauce

5 tbsp (75mL)

For all 2 meals:

boneless skinless chicken breast, raw

1 1/4 lbs (560g)

marinade sauce

10 tbsp (150mL)

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 marinate 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.

Buttered lima beans

165 cals ● 7g protein ● 6g fat ● 15g carbs ● 6g fiber



For single meal:

lima beans, frozen

3/8 package (10 oz) (107g)

salt

1 1/2 dash (1g)

butter

1/2 tbsp (7g)

black pepper

3/4 dash, ground (0g)

For all 2 meals:

lima beans, frozen

3/4 package (10 oz) (213g)

salt

3 dash (2g)

butter

1 tbsp (14g)

black pepper

1 1/2 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.