Meal Plan - 2200 calorie high protein meal plan

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

Day 1

2227 cals ● 207g protein (37%) ● 78g fat (31%) ● 146g carbs (26%) ● 30g fiber (5%)

Breakfast

435 cals, 30g protein, 29g net carbs, 20g fat

Basic scrambled eggs
3 egg(s)- 213 cals

Peach
1 peach(es)- 66 cals

Lowfat Greek yogurt
1 container(s)- 155 cals

Lunch

745 cals, 72g protein, 65g net carbs, 16g fat

Mexican posole soup
605 cals

Tortilla chips
141 cals

Snacks

275 cals, 17g protein, 6g net carbs, 20g fat

String cheese
2 stick(s)- 165 cals

Mixed nuts
1/8 cup(s)- 109 cals

Dinner

770 cals, 87g protein, 45g net carbs, 22g fat

Chicken shawarma bowl
10 oz chicken- 541 cals

Lentils
231 cals

Day 2

2251 cals ● 203g protein (36%) ● 75g fat (30%) ● 157g carbs (28%) ● 33g fiber (6%)

Breakfast

435 cals, 30g protein, 29g net carbs, 20g fat

Basic scrambled eggs
3 egg(s)- 213 cals

Peach
1 peach(es)- 66 cals

Lowfat Greek yogurt
1 container(s)- 155 cals

Lunch

745 cals, 72g protein, 65g net carbs, 16g fat

Mexican posole soup
605 cals

Tortilla chips
141 cals

Snacks

275 cals, 17g protein, 6g net carbs, 20g fat

String cheese
2 stick(s)- 165 cals

Mixed nuts
1/8 cup(s)- 109 cals

Dinner

795 cals, 83g protein, 57g net carbs, 20g fat

Lentils
347 cals

Baked chicken with tomatoes & olives
9 oz- 449 cals

Day 3

2236 cals 225g protein (40%) 61g fat (24%) 164g carbs (29%) 33g fiber (6%)

Breakfast

410 cals, 14g protein, 58g net carbs, 11g fat

Simple cinnamon oatmeal with milk
411 cals

Lunch

760 cals, 109g protein, 18g net carbs, 25g fat

Buttered lima beans
165 cals

Lemon pepper chicken breast
16 oz- 592 cals

Snacks

270 cals, 19g protein, 32g net carbs, 6g fat

Cottage cheese & honey
1/2 cup(s)- 125 cals

Grapes
73 cals

Milk
1/2 cup(s)- 75 cals

Dinner

795 cals, 83g protein, 57g net carbs, 20g fat

Lentils
347 cals

Baked chicken with tomatoes & olives
9 oz- 449 cals

Day 4

2157 cals 216g protein (40%) 79g fat (33%) 124g carbs (23%) 22g fiber (4%)

Breakfast

410 cals, 14g protein, 58g net carbs, 11g fat

Simple cinnamon oatmeal with milk
411 cals

Lunch

760 cals, 109g protein, 18g net carbs, 25g fat

Buttered lima beans
165 cals

Lemon pepper chicken breast
16 oz- 592 cals

Snacks

270 cals, 19g protein, 32g net carbs, 6g fat

Cottage cheese & honey
1/2 cup(s)- 125 cals

Grapes
73 cals

Milk
1/2 cup(s)- 75 cals

Dinner

715 cals, 74g protein, 17g net carbs, 38g fat

Simple plain turkey burger
3 burger(s)- 563 cals

Simple mixed greens salad
68 cals

Lentils
87 cals

Day 5

2179 cals 193g protein (35%) 90g fat (37%) 119g carbs (22%) 30g fiber (6%)

Breakfast

410 cals, 14g protein, 58g net carbs, 11g fat

Simple cinnamon oatmeal with milk
411 cals

Lunch

800 cals, 70g protein, 4g net carbs, 53g fat

Indian chicken wings
18 2/3 oz- 770 cals

Green beans
32 cals

Snacks

265 cals, 20g protein, 27g net carbs, 7g fat

Cottage cheese & fruit cup
1 container- 107 cals

Pork rinds
1/2 oz- 75 cals

Orange
1 orange(s)- 85 cals

Dinner

700 cals, 89g protein, 30g net carbs, 20g fat

Cajun cod
15 oz- 468 cals

Easy chickpea salad
234 cals

Day 6

2185 cals 228g protein (42%) 93g fat (38%) 83g carbs (15%) 26g fiber (5%)

Breakfast

415 cals, 35g protein, 20g net carbs, 20g fat

Peach
1 peach(es)- 66 cals

Paleo breakfast muffins
3 muffin(s)- 349 cals

Lunch

800 cals, 70g protein, 4g net carbs, 53g fat

Indian chicken wings
18 2/3 oz- 770 cals

Green beans
32 cals

Snacks

265 cals, 20g protein, 27g net carbs, 7g fat

Cottage cheese & fruit cup
1 container- 107 cals

Pork rinds
1/2 oz- 75 cals

Orange
1 orange(s)- 85 cals

Dinner

700 cals, 104g protein, 32g net carbs, 13g fat

Broccoli
3 1/2 cup(s)- 102 cals

Jerk-y chicken
14 oz- 601 cals

Day 7

2169 cals 226g protein (42%) 60g fat (25%) 152g carbs (28%) 30g fiber (5%)

Breakfast

415 cals, 35g protein, 20g net carbs, 20g fat

Peach
1 peach(es)- 66 cals

Paleo breakfast muffins
3 muffin(s)- 349 cals

Lunch

785 cals, 67g protein, 73g net carbs, 20g fat

Simple mixed greens and tomato salad
76 cals

Cottage cheese & honey
3/4 cup(s)- 187 cals

Turkey & hummus deli sandwich
1 1/2 sandwich(es)- 524 cals

Snacks

265 cals, 20g protein, 27g net carbs, 7g fat

Cottage cheese & fruit cup
1 container- 107 cals

Pork rinds
1/2 oz- 75 cals

Orange
1 orange(s)- 85 cals

Dinner

700 cals, 104g protein, 32g net carbs, 13g fat

Broccoli
3 1/2 cup(s)- 102 cals

Jerk-y chicken
14 oz- 601 cals

Grocery List

STRONGR FASTR

Fats and Oils

- [ ] oil
  1 1/2 oz (42mL)
- [ ] olive oil
  1 oz (36mL)
- [ ] salad dressing
  3 tbsp (45mL)

Dairy and Egg Products

- [ ] eggs
  12 medium (528g)
- [ ] lowfat flavored greek yogurt
  2 (5.3 oz) container(s) (300g)
- [ ] feta cheese
  2 1/2 tbsp (24g)
- [ ] string cheese
  4 stick (112g)
- [ ] butter
  1 tbsp (14g)
- [ ] whole milk
  4 cup (914mL)
- [ ] low fat cottage cheese (1% milkfat)
  1 3/4 cup (396g)

Fruits and Fruit Juices

- [ ] peach
  4 medium (2-2/3" dia) (600g)
- [ ] green olives
  18 large (79g)
- [ ] grapes
  2 1/2 cup (230g)
- [ ] orange
  3 orange (462g)

Beverages

- [ ] water
  1/2 gallon (1728mL)

Cereal Grains and Pasta

- [ ] white hominy
  1 1/3 can (15.5 oz) (586g)

Pork Products

- [ ] pork tenderloin, raw
  1 1/3 lbs (605g)

Other

- [ ] stewed tomatoes with peppers and spices
  1 1/3 can (~15 oz) (560g)
- [ ] mixed greens
  3 3/4 cup (113g)
- [ ] cottage cheese & fruit cup
  3 container (399g)
- [ ] pork rinds
  1 1/2 oz (43g)

Snacks

- [ ] tortilla chips
  2 oz (57g)

Legumes and Legume Products

- [ ] hummus
  1/3 cup (83g)
- [ ] lentils, raw
  1 1/2 cup (280g)
- [ ] chickpeas, canned
  1/2 can (224g)
- [ ] soy sauce
  1/3 cup (70mL)

Vegetables and Vegetable Products

- [ ] onion
  1 1/2 medium (2-1/2" dia) (167g)
- [ ] tomatoes
  5 medium whole (2-3/5" dia) (592g)
- [ ] lima beans, frozen
  3/4 package (10 oz) (213g)
- [ ] frozen green beans
  1 1/3 cup (161g)
- [ ] fresh parsley
  1 1/2 sprigs (2g)
- [ ] red bell pepper
  3/4 cup, chopped (112g)
- [ ] frozen broccoli
  7 cup (637g)
- [ ] garlic
  3 1/2 clove(s) (10g)
- [ ] habanero peppers
  1 1/6 pepper (16g)

Poultry Products

- [ ] boneless skinless chicken breast, raw
  5 1/2 lbs (2480g)

- [ ] cooked ham
  6 oz boneless (170g)

Spices and Herbs

- [ ] chipotle seasoning
  1 tbsp (6g)
- [ ] garlic powder
  1 1/4 tsp (4g)
- [ ] ground cumin
  1 1/4 tsp (3g)
- [ ] salt
  4 tsp (24g)
- [ ] black pepper
  1 1/4 g (1g)
- [ ] chili powder
  1 tbsp (8g)
- [ ] fresh basil
  18 leaves (9g)
- [ ] lemon pepper
  2 tbsp (14g)
- [ ] cinnamon
  1 1/4 tbsp (10g)
- [ ] curry powder
  1/4 cup (22g)
- [ ] cajun seasoning
  5 tsp (11g)
- [ ] balsamic vinegar
  1/2 tbsp (8mL)
- [ ] fresh thyme
  3/4 tbsp (2g)
- [ ] allspice
  1/2 tsp (1g)
- [ ] red wine vinegar
  1/3 cup (70mL)

- [ ] ground turkey, raw
  3/4 lbs (340g)
- [ ] chicken wings, with skin, raw
  2 1/3 lbs (1059g)

Nut and Seed Products

- [ ] mixed nuts
  4 tbsp (34g)

Sweets

- [ ] sugar
  1/4 cup (49g)
- [ ] honey
  2 1/3 tbsp (49g)
- [ ] brown sugar
  1/4 cup (42g)

Breakfast Cereals

- [ ] quick oats
  2 cup (150g)

Finfish and Shellfish Products

- [ ] cod, raw
  1 lbs (425g)

Soups, Sauces, and Gravies

- [ ] apple cider vinegar
  1/2 tbsp (0mL)

Baked Products

- [ ] bread
  3 slice(s) (96g)

Sausages and Luncheon Meats

- [ ] turkey cold cuts
  6 oz (170g)

Recipes

Breakfast 1

Eat on day 1, day 2

Basic scrambled eggs

3 egg(s) - 213 cals 17g protein 16g fat 1g carbs 0g fiber

For single meal:

oil
1/4 tbsp (4mL)
eggs
3 medium (132g)

For all 2 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.

Peach

1 peach(es) - 66 cals 1g protein 0g fat 12g carbs 2g fiber

For single meal:

peach
1 medium (2-2/3" dia) (150g)

For all 2 meals:

peach
2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

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 2 meals:

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

1. This recipe has no instructions.

Breakfast 2

Eat on day 3, day 4, day 5

Simple cinnamon oatmeal with milk

411 cals 14g protein 11g fat 58g carbs 6g fiber

For single meal:

sugar
1 1/4 tbsp (16g)
cinnamon
1 1/4 tsp (3g)
whole milk
1 cup (225mL)
quick oats
10 tbsp (50g)

For all 3 meals:

sugar
1/4 cup (49g)
cinnamon
1 1/4 tbsp (10g)
whole milk
3 cup (675mL)
quick oats
2 cup (150g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the milk over it and microwave for 90 seconds - 2 minutes.

Breakfast 3

Eat on day 6, day 7

Peach

1 peach(es) - 66 cals 1g protein 0g fat 12g carbs 2g fiber

For single meal:

peach
1 medium (2-2/3" dia) (150g)

For all 2 meals:

peach
2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

Paleo breakfast muffins

3 muffin(s) - 349 cals 34g protein 19g fat 8g carbs 2g fiber

For single meal:

cooked ham, crumbled
3 oz boneless (85g)
water
3/4 tbsp (11mL)
black pepper
3/8 dash, ground (0g)
salt
3/4 dash (1g)
onion
6 tbsp, chopped (60g)
red bell pepper
6 tbsp, chopped (56g)
eggs
3 medium (132g)

For all 2 meals:

cooked ham, crumbled
6 oz boneless (170g)
water
1 1/2 tbsp (23mL)
black pepper
3/4 dash, ground (0g)
salt
1 1/2 dash (1g)
onion
3/4 cup, chopped (120g)
red bell pepper
3/4 cup, chopped (112g)
eggs
6 medium (264g)

1. Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper liners (for number of cups to grease, look at recipe serving details above).
2. Beat eggs together in a large bowl. Mix ham, bell pepper, onion, salt, black pepper, and water into the beaten eggs. Pour egg mixture evenly into prepared muffin cups.
3. Bake in the preheated oven until muffins are set in the middle, 18 to 20 minutes.

Lunch 1

Eat on day 1, day 2

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.

Tortilla chips

141 cals 2g protein 6g fat 18g carbs 1g fiber

For single meal:

tortilla chips
1 oz (28g)

For all 2 meals:

tortilla chips
2 oz (57g)

1. This recipe has no instructions.

Lunch 2

Eat on day 3, day 4

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.

Lemon pepper chicken breast

16 oz - 592 cals 102g protein 19g fat 3g carbs 2g fiber

For single meal:

lemon pepper
1 tbsp (7g)
olive oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1 lbs (448g)

For all 2 meals:

lemon pepper
2 tbsp (14g)
olive oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
2 lbs (896g)

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 3

Eat on day 5, day 6

Indian chicken wings

18 2/3 oz - 770 cals 68g protein 52g fat 0g carbs 6g fiber

For single meal:

curry powder
1 3/4 tbsp (11g)
salt
1 tsp (7g)
chicken wings, with skin, raw
18 2/3 oz (530g)
oil
1 tsp (4mL)

For all 2 meals:

curry powder
1/4 cup (22g)
salt
3/4 tbsp (14g)
chicken wings, with skin, raw
2 1/3 lbs (1059g)
oil
1 3/4 tsp (9mL)

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

Green beans

32 cals 1g protein 0g fat 4g carbs 2g fiber

For single meal:

frozen green beans
2/3 cup (81g)

For all 2 meals:

frozen green beans
1 1/3 cup (161g)

1. Prepare according to instructions on package.

Lunch 4

Eat on day 7

Simple mixed greens and tomato salad

76 cals 2g protein 5g fat 5g carbs 2g fiber

salad dressing
1 1/2 tbsp (23mL)
mixed greens
1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Cottage cheese & honey

3/4 cup(s) - 187 cals 21g protein 2g fat 22g carbs 0g fiber

Makes 3/4 cup(s)

honey
1 tbsp (21g)
low fat cottage cheese (1% milkfat)
3/4 cup (170g)

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

Turkey & hummus deli sandwich

1 1/2 sandwich(es) - 524 cals 45g protein 14g fat 46g carbs 10g fiber

Makes 1 1/2 sandwich(es)

oil
3/8 tsp (2mL)
mixed greens
3/4 cup (23g)
tomatoes
3 slice(s), thick/large (1/2" thick) (81g)
hummus
3 tbsp (45g)
bread
3 slice(s) (96g)
turkey cold cuts
6 oz (170g)

1. Assemble sandwich by layering the turkey, tomatoes, and mixed greens on top of the bottom slice of bread. Dress the tomatoes and greens by drizzling oil on top and seasoning with some salt/pepper.
2. Spread the hummus on the top slice of bread, top the sandwich, and serve.

Snacks 1

Eat on day 1, day 2

String cheese

2 stick(s) - 165 cals 13g protein 11g fat 3g carbs 0g fiber

For single meal:

string cheese
2 stick (56g)

For all 2 meals:

string cheese
4 stick (112g)

1. This recipe has no instructions.

Mixed nuts

1/8 cup(s) - 109 cals 3g protein 9g fat 2g carbs 1g fiber

For single meal:

mixed nuts
2 tbsp (17g)

For all 2 meals:

mixed nuts
4 tbsp (34g)

1. This recipe has no instructions.

Snacks 2

Eat on day 3, day 4

Cottage cheese & honey

1/2 cup(s) - 125 cals 14g protein 1g fat 15g carbs 0g fiber

For single meal:

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

For all 2 meals:

honey
4 tsp (28g)
low fat cottage cheese (1% milkfat)
1 cup (226g)

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

Grapes

73 cals 1g protein 1g fat 11g carbs 5g fiber

For single meal:

grapes
1 1/4 cup (115g)

For all 2 meals:

grapes
2 1/2 cup (230g)

1. This recipe has no instructions.

Milk

1/2 cup(s) - 75 cals 4g protein 4g fat 6g carbs 0g fiber

For single meal:

whole milk
1/2 cup (120mL)

For all 2 meals:

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Snacks 3

Eat on day 5, day 6, day 7

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 3 meals:

cottage cheese & fruit cup
3 container (399g)

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

Pork rinds

1/2 oz - 75 cals 9g protein 5g fat 0g carbs 0g fiber

For single meal:

pork rinds
1/2 oz (14g)

For all 3 meals:

pork rinds
1 1/2 oz (43g)

1. Enjoy.

Orange

1 orange(s) - 85 cals 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.

Dinner 1

Eat on day 1

Chicken shawarma bowl

10 oz chicken - 541 cals 72g protein 21g fat 12g carbs 4g fiber

Makes 10 oz chicken

oil
1 tsp (5mL)
garlic powder
1 1/4 tsp (4g)
ground cumin
1 1/4 tsp (3g)
hummus
2 1/2 tbsp (38g)
feta cheese
2 1/2 tbsp (24g)
onion, sliced
3 1/3 tbsp, sliced (24g)
tomatoes, sliced
10 tbsp cherry tomatoes (93g)
boneless skinless chicken breast, raw
10 oz (280g)

1. Coat chicken in oil and rub cumin and garlic powder all over until coated.
2. Add chicken to a skillet or grill pan over medium heat and cook until done, about 10 minutes on each side.
3. Meanwhile, mix together the tomatoes, onion, and feta.
4. Slice the chicken and assemble the bowl with chicken, tomato salad, and hummus. Serve.

Lentils

231 cals 16g protein 1g fat 34g carbs 7g fiber

salt
2/3 dash (0g)
water
1 1/3 cup(s) (316mL)
lentils, raw, rinsed
1/3 cup (64g)

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 2

Eat on day 2, day 3

Lentils

347 cals 24g protein 1g fat 51g carbs 10g fiber

For single meal:

salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

For all 2 meals:

salt
2 dash (2g)
water
4 cup(s) (948mL)
lentils, raw, rinsed
1 cup (192g)

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.

Baked chicken with tomatoes & olives

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

For single meal:

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)

For all 2 meals:

tomatoes
18 cherry tomatoes (306g)
olive oil
1 tbsp (15mL)
salt
1/4 tbsp (5g)
green olives
18 large (79g)
black pepper
1/4 tbsp (1g)
chili powder
1 tbsp (8g)
boneless skinless chicken breast, raw
1 lbs (510g)
fresh basil, shredded
18 leaves (9g)

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.

Dinner 3

Eat on day 4

Simple plain turkey burger

3 burger(s) - 563 cals 67g protein 33g fat 0g carbs 0g fiber

Makes 3 burger(s)

oil
1/2 tbsp (8mL)
ground turkey, raw
3/4 lbs (340g)

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.

Simple mixed greens salad

68 cals 1g protein 5g fat 4g carbs 1g fiber

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

1. Mix greens and dressing in a small bowl. Serve.

Lentils

87 cals 6g protein 0g fat 13g carbs 3g fiber

salt
1/4 dash (0g)
water
1/2 cup(s) (119mL)
lentils, raw, rinsed
2 tbsp (24g)

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

Cajun cod

15 oz - 468 cals 77g protein 15g fat 5g carbs 1g fiber

Makes 15 oz

cod, raw
1 lbs (425g)
cajun seasoning
5 tsp (11g)
oil
2 1/2 tsp (13mL)

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.

Easy chickpea salad

234 cals 12g protein 5g fat 25g carbs 11g fiber

fresh parsley, chopped
1 1/2 sprigs (2g)
apple cider vinegar
1/2 tbsp (0mL)
balsamic vinegar
1/2 tbsp (8mL)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
onion, thinly sliced
1/4 small (18g)
chickpeas, canned, drained and rinsed
1/2 can (224g)

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

Dinner 5

Eat on day 6, day 7

Broccoli

3 1/2 cup(s) - 102 cals 9g protein 0g fat 7g carbs 9g fiber

For single meal:

frozen broccoli
3 1/2 cup (319g)

For all 2 meals:

frozen broccoli
7 cup (637g)

1. Prepare according to instructions on package.

Jerk-y chicken

14 oz - 601 cals 94g protein 13g fat 25g carbs 1g fiber

For single meal:

onion
1 tsp chopped (3g)
brown sugar
1 3/4 tbsp (21g)
olive oil
1/2 tsp (3mL)
soy sauce
2 1/3 tbsp (35mL)
fresh thyme, chopped
1 tsp (1g)
garlic, chopped
1 3/4 clove(s) (5g)
allspice
1/4 tsp (1g)
habanero peppers, sliced
5/8 pepper (8g)
boneless skinless chicken breast, raw, cut into 1 inch strips
14 oz (397g)
red wine vinegar
2 1/3 tbsp (35mL)

For all 2 meals:

onion
1 3/4 tsp chopped (6g)
brown sugar
1/4 cup (42g)
olive oil
1 tsp (6mL)
soy sauce
1/4 cup (70mL)
fresh thyme, chopped
3/4 tbsp (2g)
garlic, chopped
3 1/2 clove(s) (10g)
allspice
1/2 tsp (1g)
habanero peppers, sliced
1 1/6 pepper (16g)
boneless skinless chicken breast, raw, cut into 1 inch strips
1 3/4 lbs (794g)
red wine vinegar
1/4 cup (70mL)

1. Combine the onion, brown sugar, soy sauce, vinegar, thyme, oil, garlic, allspice and habanero pepper in the container of a food processor or blender. Process until smooth. Place the chicken into a large resealable bag, and pour in 3/4 of the sauce. Squeeze out excess air, and seal. Marinate in the refrigerator for at least one hour.
2. Preheat your oven's broiler.
3. Remove chicken from bag, and discard marinade. Broil chicken for 10 to 15 minutes, turning once to ensure even cooking. Heat remaining sauce in a small pan, and pour over chicken when serving.