

Meal Plan - 2300 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

2360 cals ● 237g protein (40%) ● 88g fat (33%) ● 126g carbs (21%) ● 30g fiber (5%)

Breakfast

410 cals, 30g protein, 25g net carbs, 19g fat



[High protein scrambled eggs](#)
297 cals



[Pear](#)
1 pear(s)- 113 cals

Snacks

320 cals, 17g protein, 24g net carbs, 15g fat



[Carrot sticks](#)
2 carrot(s)- 54 cals



[Blueberries](#)
1/2 cup(s)- 47 cals



[Ricotta & walnuts](#)
1/2 cup(s)- 220 cals

Lunch

865 cals, 71g protein, 62g net carbs, 33g fat



[Cottage cheese & honey](#)
1 cup(s)- 249 cals



[Buttery white rice](#)
162 cals



[Avocado tuna salad stuffed pepper](#)
2 half pepper(s)- 456 cals

Dinner

760 cals, 119g protein, 15g net carbs, 22g fat



[Lemon pepper chicken breast](#)
18 oz- 666 cals



[Green beans](#)
95 cals

Day 2

2275 cals ● 225g protein (39%) ● 81g fat (32%) ● 133g carbs (23%) ● 30g fiber (5%)

Breakfast

410 cals, 30g protein, 25g net carbs, 19g fat



[High protein scrambled eggs](#)
297 cals



[Pear](#)
1 pear(s)- 113 cals

Snacks

320 cals, 17g protein, 24g net carbs, 15g fat



[Carrot sticks](#)
2 carrot(s)- 54 cals



[Blueberries](#)
1/2 cup(s)- 47 cals



[Ricotta & walnuts](#)
1/2 cup(s)- 220 cals

Lunch

780 cals, 59g protein, 70g net carbs, 25g fat



[Chicken tzatziki pita sandwich](#)
2 pita sandwich(es)- 607 cals



[Walnuts](#)
1/4 cup(s)- 175 cals

Dinner

760 cals, 119g protein, 15g net carbs, 22g fat



[Lemon pepper chicken breast](#)
18 oz- 666 cals



[Green beans](#)
95 cals

Day 3

2345 cals ● 202g protein (34%) ● 84g fat (32%) ● 160g carbs (27%) ● 34g fiber (6%)

Breakfast

410 cals, 30g protein, 25g net carbs, 19g fat



High protein scrambled eggs
297 cals



Pear
1 pear(s)- 113 cals

Snacks

320 cals, 17g protein, 24g net carbs, 15g fat



Carrot sticks
2 carrot(s)- 54 cals



Blueberries
1/2 cup(s)- 47 cals



Ricotta & walnuts
1/2 cup(s)- 220 cals

Lunch

780 cals, 59g protein, 70g net carbs, 25g fat



Chicken tzatziki pita sandwich
2 pita sandwich(es)- 607 cals



Walnuts
1/4 cup(s)- 175 cals

Dinner

830 cals, 96g protein, 42g net carbs, 25g fat



Baked chicken with tomatoes & olives
12 oz- 599 cals



Lentils
231 cals

Day 4

2343 cals ● 211g protein (36%) ● 84g fat (32%) ● 150g carbs (26%) ● 36g fiber (6%)

Breakfast

400 cals, 29g protein, 44g net carbs, 10g fat



Banana & cottage cheese toast
2 toast(s)- 322 cals



Basic fried eggs
1 egg(s)- 80 cals

Snacks

285 cals, 26g protein, 26g net carbs, 6g fat



Pear
1 pear(s)- 113 cals



Tuna cucumber bites
173 cals

Lunch

825 cals, 60g protein, 39g net carbs, 43g fat



Ham, bacon, avocado sandwich
1 1/2 sandwich(es)- 825 cals

Dinner

830 cals, 96g protein, 42g net carbs, 25g fat



Baked chicken with tomatoes & olives
12 oz- 599 cals



Lentils
231 cals

Day 5

2319 cals ● 214g protein (37%) ● 88g fat (34%) ● 133g carbs (23%) ● 35g fiber (6%)

Breakfast

400 cals, 29g protein, 44g net carbs, 10g fat



Banana & cottage cheese toast
2 toast(s)- 322 cals



Basic fried eggs
1 egg(s)- 80 cals

Snacks

285 cals, 26g protein, 26g net carbs, 6g fat



Pear
1 pear(s)- 113 cals



Tuna cucumber bites
173 cals

Lunch

855 cals, 56g protein, 42g net carbs, 45g fat



Avocado tuna salad sandwich
1 1/2 sandwich(es)- 555 cals



Sunflower seeds
301 cals

Dinner

775 cals, 103g protein, 22g net carbs, 27g fat



Roasted carrots
4 carrots(s)- 211 cals



Marinated chicken breast
16 oz- 565 cals

Day 6

2346 cals ● 202g protein (34%) ● 94g fat (36%) ● 146g carbs (25%) ● 27g fiber (5%)

Breakfast

415 cals, 30g protein, 61g net carbs, 3g fat



Applesauce
114 cals



Cottage cheese and pineapple
186 cals



Banana
1 banana(s)- 117 cals

Snacks

345 cals, 16g protein, 20g net carbs, 22g fat



Celery and ranch
222 cals



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

Lunch

820 cals, 60g protein, 22g net carbs, 51g fat



Carrot sticks
1 1/2 carrot(s)- 41 cals



Simple cobb salad
779 cals

Dinner

765 cals, 96g protein, 43g net carbs, 19g fat



Lentils
289 cals



Balsamic chicken breast
12 oz- 473 cals

Day 7

2346 cals ● 202g protein (34%) ● 94g fat (36%) ● 146g carbs (25%) ● 27g fiber (5%)

Breakfast

415 cals, 30g protein, 61g net carbs, 3g fat



Applesauce

114 cals



Cottage cheese and pineapple

186 cals



Banana

1 banana(s)- 117 cals

Snacks

345 cals, 16g protein, 20g net carbs, 22g fat



Celery and ranch

222 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals

Lunch

820 cals, 60g protein, 22g net carbs, 51g fat



Carrot sticks

1 1/2 carrot(s)- 41 cals



Simple cobb salad

779 cals

Dinner

765 cals, 96g protein, 43g net carbs, 19g fat



Lentils

289 cals



Balsamic chicken breast

12 oz- 473 cals

Fats and Oils

- ☐ oil
1 1/4 oz (38mL)
- ☐ olive oil
1 oz (37mL)
- ☐ marinade sauce
1/2 cup (120mL)
- ☐ balsamic vinaigrette
14 tbsp (211mL)
- ☐ ranch dressing
6 tbsp (90mL)

Dairy and Egg Products

- ☐ low fat cottage cheese (1% milkfat)
6 cup (1384g)
- ☐ eggs
16 1/2 medium (726g)
- ☐ butter
1/2 tbsp (7g)
- ☐ part-skim ricotta cheese
1 1/2 cup (372g)
- ☐ sliced cheese
1 1/2 slice (3/4 oz ea) (32g)
- ☐ blue cheese
1 cup, crumbled, not packed (135g)

Fruits and Fruit Juices

- ☐ pears
5 medium (890g)
- ☐ avocados
1 1/4 avocado(s) (251g)
- ☐ lime juice
1 3/4 tsp (9mL)
- ☐ blueberries
1 1/2 cup (222g)
- ☐ green olives
24 large (106g)
- ☐ banana
3 1/2 medium (7" to 7-7/8" long) (398g)
- ☐ applesauce
4 to-go container (~4 oz) (488g)
- ☐ canned pineapple
1/2 cup, chunks (91g)

Sweets

- ☐ honey
2 2/3 tbsp (56g)

Beverages

- ☐ water
6 1/3 cup(s) (1500mL)

Cereal Grains and Pasta

- ☐ long-grain white rice
2 3/4 tbsp (31g)

Finfish and Shellfish Products

- ☐ canned tuna
3 can (523g)

Vegetables and Vegetable Products

- ☐ bell pepper
1 large (164g)
- ☐ onion
1/2 small (31g)
- ☐ frozen green beans
4 cup (484g)
- ☐ carrots
13 3/4 medium (837g)
- ☐ cucumber
1 cucumber (8-1/4") (338g)
- ☐ tomatoes
6 medium whole (2-3/5" dia) (737g)
- ☐ romaine lettuce
12 cup shredded (564g)
- ☐ raw celery
9 stalk, medium (7-1/2" - 8" long) (360g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
6 1/4 lbs (2817g)

Other

- ☐ calorie-free sweetener
1/2 tbsp (5g)
- ☐ tzatziki
1/2 cup (112g)
- ☐ mixed greens
2 cup (60g)
- ☐ italian seasoning
1/4 tbsp (3g)

Nut and Seed Products

Spices and Herbs

- ☐ black pepper
1 g (1g)
- ☐ salt
1/3 oz (10g)
- ☐ lemon pepper
2 1/4 tbsp (16g)
- ☐ cinnamon
1 tsp (2g)
- ☐ chili powder
4 tsp (11g)
- ☐ fresh basil
24 leaves (12g)

- ☐ walnuts
2 1/2 oz (71g)
- ☐ sunflower kernels
1 2/3 oz (47g)

Sausages and Luncheon Meats

- ☐ chicken cold cuts
1 lbs (454g)
- ☐ ham cold cuts
18 oz (510g)

Baked Products

- ☐ pita bread
4 pita, medium (5" dia) (200g)
- ☐ bread
10 slice (320g)

Legumes and Legume Products

- ☐ lentils, raw
1 1/2 cup (288g)

Pork Products

- ☐ bacon
3 slice(s) (30g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

High protein scrambled eggs

297 cals ● 29g protein ● 18g fat ● 3g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
low fat cottage cheese (1% milkfat)
6 tbsp (85g)
eggs
3 large (150g)

For all 3 meals:

oil
3/4 tbsp (11mL)
low fat cottage cheese (1% milkfat)
1 cup (254g)
eggs
9 large (450g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears
1 medium (178g)

For all 3 meals:

pears
3 medium (534g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Banana & cottage cheese toast

2 toast(s) - 322 cals ● 23g protein ● 4g fat ● 43g carbs ● 6g fiber



For single meal:

cinnamon

2 dash (1g)

banana, sliced

1 extra small (less than 6" long)
(81g)

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

1/2 cup (113g)

bread

2 slice (64g)

For all 2 meals:

cinnamon

4 dash (1g)

banana, sliced

2 extra small (less than 6" long)
(162g)

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

1 cup (226g)

bread

4 slice (128g)

1. Toast bread.
2. Top toast with cottage cheese and sliced banana.
3. Sprinkle cinnamon on top and serve!

Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

oil

1/4 tsp (1mL)

eggs

1 large (50g)

For all 2 meals:

oil

1/2 tsp (3mL)

eggs

2 large (100g)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Applesauce

114 cals ● 0g protein ● 0g fat ● 25g carbs ● 3g fiber



For single meal:

applesauce

2 to-go container (~4 oz) (244g)

For all 2 meals:

applesauce

4 to-go container (~4 oz) (488g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

Cottage cheese and pineapple

186 cals ● 28g protein ● 2g fat ● 13g carbs ● 1g fiber



For single meal:

low fat cottage cheese (1% milkfat)

1 cup (226g)

canned pineapple, drained

4 tbsp, chunks (45g)

For all 2 meals:

low fat cottage cheese (1% milkfat)

2 cup (452g)

canned pineapple, drained

1/2 cup, chunks (91g)

1. Drain pineapple juice, and mix pineapple chunks with cottage cheese.
2. Feel free to use most types of fruit: bananas, berries, peaches, melon, etc.

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

banana

2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1

Cottage cheese & honey

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



Makes 1 cup(s)

honey

4 tsp (28g)

low fat cottage cheese (1% milkfat)

1 cup (226g)

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

Buttery white rice

162 cal ● 2g protein ● 6g fat ● 24g carbs ● 0g fiber



black pepper

2/3 dash, ground (0g)

butter

1/2 tbsp (7g)

salt

1 1/3 dash (1g)

water

1/3 cup(s) (79mL)

long-grain white rice

2 2/3 tbsp (31g)

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, mix in butter, and season to taste with pepper. Serve.

Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cal ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



Makes 2 half pepper(s)

canned tuna, drained

1 can (172g)

avocados

1/2 avocado(s) (101g)

lime juice

1 tsp (5mL)

salt

1 dash (0g)

black pepper

1 dash (0g)

bell pepper

1 large (164g)

onion

1/4 small (18g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Lunch 2 [🔗](#)

Eat on day 2, day 3

Chicken tzatziki pita sandwich

2 pita sandwich(es) - 607 cals ● 55g protein ● 9g fat ● 68g carbs ● 8g fiber



For single meal:

tzatziki

4 tbsp (56g)

cucumber

8 slices (56g)

tomatoes

6 slice(s), thin/small (90g)

mixed greens

1 cup (30g)

chicken cold cuts

1/2 lbs (227g)

pita bread

2 pita, medium (5" dia) (100g)

For all 2 meals:

tzatziki

1/2 cup (112g)

cucumber

16 slices (112g)

tomatoes

12 slice(s), thin/small (180g)

mixed greens

2 cup (60g)

chicken cold cuts

1 lbs (454g)

pita bread

4 pita, medium (5" dia) (200g)

1. Slice pita open. Spread tzatziki sauce inside of pita. Stuff with sliced chicken, mixed greens, sliced tomato and sliced cucumber. Serve.

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

4 tbsp, shelled (25g)

For all 2 meals:

walnuts

1/2 cup, shelled (50g)

1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 4

Ham, bacon, avocado sandwich

1 1/2 sandwich(es) - 825 cal ● 60g protein ● 43g fat ● 39g carbs ● 11g fiber



Makes 1 1/2 sandwich(es)

bacon

3 slice(s) (30g)

ham cold cuts

6 oz (170g)

bread

3 slice (96g)

avocados, sliced

3/8 avocado(s) (75g)

sliced cheese

1 1/2 slice (3/4 oz ea) (32g)

1. Cook bacon according to package.
2. Build the sandwich to your liking- top with any veggies of your choice.

Lunch 4 [↗](#)

Eat on day 5

Avocado tuna salad sandwich

1 1/2 sandwich(es) - 555 cal ● 42g protein ● 21g fat ● 38g carbs ● 11g fiber



Makes 1 1/2 sandwich(es)

black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

lime juice

1/4 tbsp (4mL)

avocados

3/8 avocado(s) (75g)

canned tuna, drained

3/4 can (129g)

bread

3 slice (96g)

onion, minced

1/6 small (13g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Sunflower seeds

301 cal ● 14g protein ● 24g fat ● 4g carbs ● 4g fiber



sunflower kernels
1 2/3 oz (47g)

1. This recipe has no instructions.

Lunch 5 [🔗](#)

Eat on day 6, day 7

Carrot sticks

1 1/2 carrot(s) - 41 cal● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

carrots
1 1/2 medium (92g)

For all 2 meals:

carrots
3 medium (183g)

1. Cut carrots into strips and serve.

Simple cobb salad

779 cal● 59g protein ● 51g fat ● 16g carbs ● 7g fiber



For single meal:

ham cold cuts, shredded
6 oz (170g)
eggs, hard boiled and quartered
2 medium (88g)
romaine lettuce
6 cup shredded (282g)
blue cheese
1/2 cup, crumbled, not packed (68g)
tomatoes
1/2 cup cherry tomatoes (75g)
balsamic vinaigrette
4 tbsp (60mL)

For all 2 meals:

ham cold cuts, shredded
3/4 lbs (340g)
eggs, hard boiled and quartered
4 medium (176g)
romaine lettuce
12 cup shredded (564g)
blue cheese
1 cup, crumbled, not packed (135g)
tomatoes
1 cup cherry tomatoes (149g)
balsamic vinaigrette
1/2 cup (120mL)

1. Mix ingredients together in a large bowl.
2. Dress when ready to serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

carrots
2 medium (122g)

For all 3 meals:

carrots
6 medium (366g)

1. Cut carrots into strips and serve.

Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

blueberries
1/2 cup (74g)

For all 3 meals:

blueberries
1 1/2 cup (222g)

1. Rinse off blueberries and serve.

Ricotta & walnuts

1/2 cup(s) - 220 cals ● 15g protein ● 14g fat ● 7g carbs ● 1g fiber



For single meal:

calorie-free sweetener
4 dash (2g)
cinnamon
1 dash (0g)
walnuts
1 tbsp, chopped (7g)
part-skim ricotta cheese
1/2 cup (124g)

For all 3 meals:

calorie-free sweetener
1/2 tbsp (5g)
cinnamon
3 dash (1g)
walnuts
3 tbsp, chopped (21g)
part-skim ricotta cheese
1 1/2 cup (372g)

1. If using sweetener, mix it in with the ricotta.
2. Dust walnuts with some cinnamon and sprinkle them on top of the ricotta. Serve.

Snacks 2 [↗](#)

Eat on day 4, day 5

Pear

1 pear(s) - 113 cal ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears

1 medium (178g)

For all 2 meals:

pears

2 medium (356g)

1. This recipe has no instructions.
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Tuna cucumber bites

173 cal ● 25g protein ● 6g fat ● 4g carbs ● 1g fiber



For single meal:

cucumber, sliced

3/8 cucumber (8-1/4") (113g)

canned tuna

1 1/2 packet (111g)

For all 2 meals:

cucumber, sliced

3/4 cucumber (8-1/4") (226g)

canned tuna

3 packet (222g)

1. Slice the cucumber and top slices with tuna.
 2. Season to taste with salt and pepper.
 3. Serve.
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Snacks 3 [🔗](#)

Eat on day 6, day 7

Celery and ranch

222 cal ● 2g protein ● 20g fat ● 5g carbs ● 3g fiber



For single meal:

raw celery, sliced into strips

4 1/2 stalk, medium (7-1/2" - 8" long)
(180g)

ranch dressing

3 tbsp (45mL)

For all 2 meals:

raw celery, sliced into strips

9 stalk, medium (7-1/2" - 8" long)
(360g)

ranch dressing

6 tbsp (90mL)

1. Slice celery into strips. Serve with ranch to dip into.

Cottage cheese & honey

1/2 cup(s) - 125 cal ● 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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Lemon pepper chicken breast

18 oz - 666 cals ● 114g protein ● 21g fat ● 3g carbs ● 2g fiber



For single meal:

lemon pepper

1 tbsp (8g)

olive oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

18 oz (504g)

For all 2 meals:

lemon pepper

2 1/4 tbsp (16g)

olive oil

1 tbsp (17mL)

boneless skinless chicken breast, raw

2 1/4 lbs (1008g)

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.

Green beans

95 cals ● 4g protein ● 1g fat ● 12g carbs ● 6g fiber



For single meal:

frozen green beans

2 cup (242g)

For all 2 meals:

frozen green beans

4 cup (484g)

1. Prepare according to instructions on package.

Dinner 2 [↗](#)

Eat on day 3, day 4

Baked chicken with tomatoes & olives

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



For single meal:

tomatoes

12 cherry tomatoes (204g)

olive oil

2 tsp (10mL)

salt

4 dash (3g)

green olives

12 large (53g)

black pepper

4 dash (0g)

chili powder

2 tsp (5g)

boneless skinless chicken breast, raw

3/4 lbs (340g)

fresh basil, shredded

12 leaves (6g)

For all 2 meals:

tomatoes

24 cherry tomatoes (408g)

olive oil

4 tsp (20mL)

salt

1 tsp (6g)

green olives

24 large (106g)

black pepper

1 tsp (1g)

chili powder

4 tsp (11g)

boneless skinless chicken breast, raw

1 1/2 lbs (680g)

fresh basil, shredded

24 leaves (12g)

1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

Lentils

231 cal ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

salt

2/3 dash (0g)

water

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

lentils, raw, rinsed

1/3 cup (64g)

For all 2 meals:

salt

1 1/3 dash (1g)

water

2 2/3 cup(s) (632mL)

lentils, raw, rinsed

2/3 cup (128g)

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 3 [↗](#)

Eat on day 5

Roasted carrots

4 carrots(s) - 211 cal ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



Makes 4 carrots(s)

oil

2 tsp (10mL)

carrots, sliced

4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Marinated chicken breast

16 oz - 565 cal ● 101g protein ● 17g fat ● 3g carbs ● 0g fiber



Makes 16 oz

boneless skinless chicken breast, raw

1 lbs (448g)

marinade sauce

1/2 cup (120mL)

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.

Dinner 4 [↗](#)

Eat on day 6, day 7

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

salt
1 dash (1g)
water
1 2/3 cup(s) (395mL)
lentils, raw, rinsed
6 2/3 tbsp (80g)

For all 2 meals:

salt
1/4 tsp (1g)
water
3 1/3 cup(s) (790mL)
lentils, raw, rinsed
13 1/3 tbsp (160g)

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.

Balsamic chicken breast

12 oz - 473 cals ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

italian seasoning
3 dash (1g)
oil
1/2 tbsp (8mL)
balsamic vinaigrette
3 tbsp (45mL)
boneless skinless chicken breast, raw
3/4 lbs (340g)

For all 2 meals:

italian seasoning
1/4 tbsp (3g)
oil
1 tbsp (15mL)
balsamic vinaigrette
6 tbsp (90mL)
boneless skinless chicken breast, raw
1 1/2 lbs (680g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
 2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.
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