

# Meal Plan - 2900 calorie high protein meal plan

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Don't forget to generate your plan for next week on  
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## Day 1

2941 cals ● 238g protein (32%) ● 135g fat (41%) ● 150g carbs (20%) ● 44g fiber (6%)

### Breakfast

525 cals, 79g protein, 9g net carbs, 16g fat



Sunflower seeds

180 cals



Double chocolate protein shake

343 cals

### Snacks

425 cals, 38g protein, 15g net carbs, 22g fat



Roasted almonds

1/6 cup(s)- 166 cals



Protein shake (milk)

258 cals

### Lunch

990 cals, 36g protein, 64g net carbs, 56g fat



Grilled cheese with mushrooms

646 cals



Simple kale & avocado salad

345 cals

### Dinner

1000 cals, 86g protein, 62g net carbs, 41g fat



Instant mashed potatoes

155 cals



Almond crusted tilapia

12 oz- 847 cals

## Day 2

2912 cals ● 300g protein (41%) ● 103g fat (32%) ● 152g carbs (21%) ● 44g fiber (6%)

### Breakfast

525 cals, 79g protein, 9g net carbs, 16g fat



Sunflower seeds

180 cals



Double chocolate protein shake

343 cals

### Snacks

425 cals, 38g protein, 15g net carbs, 22g fat



Roasted almonds

1/6 cup(s)- 166 cals



Protein shake (milk)

258 cals

### Lunch

1015 cals, 61g protein, 85g net carbs, 38g fat



Protein bar

2 bar- 490 cals



Simple kale & avocado salad

115 cals



Avocado BLT

411 cals

### Dinner

950 cals, 123g protein, 43g net carbs, 27g fat



Sauteed mushrooms

4 oz mushrooms- 95 cals



Lemon pepper chicken breast

16 oz- 592 cals



Lentils

260 cals

## Day 3

2879 cals ● 228g protein (32%) ● 98g fat (31%) ● 220g carbs (31%) ● 50g fiber (7%)

### Breakfast

515 cals, 42g protein, 37g net carbs, 21g fat



**Boiled eggs**  
3 egg(s)- 208 cals



**Breakfast cereal with protein milk**  
309 cals

### Snacks

355 cals, 11g protein, 43g net carbs, 7g fat



**Breakfast cereal**  
193 cals



**Blackberries**  
2 cup(s)- 139 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Lunch

975 cals, 62g protein, 100g net carbs, 30g fat



**Fruit juice**  
1 cup(s)- 115 cals



**Pesto chicken sweet potatoes**  
2 sweet potato(s)- 862 cals

### Dinner

1030 cals, 113g protein, 39g net carbs, 41g fat



**Lentils**  
174 cals



**Parmesan crusted tilapia**  
15 oz- 686 cals



**Simple kale & avocado salad**  
173 cals

## Day 4

2877 cals ● 229g protein (32%) ● 121g fat (38%) ● 178g carbs (25%) ● 42g fiber (6%)

### Breakfast

515 cals, 42g protein, 37g net carbs, 21g fat



**Boiled eggs**  
3 egg(s)- 208 cals



**Breakfast cereal with protein milk**  
309 cals

### Snacks

355 cals, 11g protein, 43g net carbs, 7g fat



**Breakfast cereal**  
193 cals



**Blackberries**  
2 cup(s)- 139 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Lunch

975 cals, 62g protein, 58g net carbs, 52g fat



**Cottage cheese & honey**  
1 cup(s)- 249 cals



**Pumpkin seeds**  
183 cals



**Egg salad sandwich**  
1 sandwich(es)- 542 cals

### Dinner

1030 cals, 113g protein, 39g net carbs, 41g fat



**Lentils**  
174 cals



**Parmesan crusted tilapia**  
15 oz- 686 cals



**Simple kale & avocado salad**  
173 cals

## Day 5

2970 cals ● 250g protein (34%) ● 102g fat (31%) ● 222g carbs (30%) ● 39g fiber (5%)

### Breakfast

515 cals, 42g protein, 37g net carbs, 21g fat



**Boiled eggs**  
3 egg(s)- 208 cals



**Breakfast cereal with protein milk**  
309 cals

### Snacks

410 cals, 21g protein, 28g net carbs, 20g fat



**Avocado**  
176 cals



**Plain yogurt**  
1 1/2 cup(s)- 232 cals

### Lunch

1005 cals, 85g protein, 114g net carbs, 15g fat



**Bbq deli chicken sandwich**  
3 sandwich(es)- 774 cals



**Easy chickpea salad**  
234 cals

### Dinner

1040 cals, 103g protein, 44g net carbs, 46g fat



**Simple sauteed spinach**  
199 cals



**Bbq glazed meatloaf**  
3 meatloaves- 839 cals

## Day 6

2944 cals ● 248g protein (34%) ● 100g fat (31%) ● 223g carbs (30%) ● 39g fiber (5%)

### Breakfast

475 cals, 36g protein, 49g net carbs, 13g fat



**Toast with butter**  
1 1/2 slice(s)- 171 cals



**Cottage cheese & fruit cup**  
2 container- 261 cals



**Cherry tomatoes**  
12 cherry tomatoes- 42 cals

### Snacks

410 cals, 21g protein, 28g net carbs, 20g fat



**Avocado**  
176 cals



**Plain yogurt**  
1 1/2 cup(s)- 232 cals

### Lunch

1025 cals, 89g protein, 103g net carbs, 21g fat



**Cottage cheese & honey**  
1 cup(s)- 249 cals



**Grapes**  
77 cals



**Turkey & hummus deli sandwich**  
2 sandwich(es)- 698 cals

### Dinner

1040 cals, 103g protein, 44g net carbs, 46g fat



**Simple sauteed spinach**  
199 cals



**Bbq glazed meatloaf**  
3 meatloaves- 839 cals

## Day 7

2917 cals ● 244g protein (33%) ● 80g fat (25%) ● 267g carbs (37%) ● 37g fiber (5%)

### Breakfast

475 cals, 36g protein, 49g net carbs, 13g fat



#### Toast with butter

1 1/2 slice(s)- 171 cals



#### Cottage cheese & fruit cup

2 container- 261 cals



#### Cherry tomatoes

12 cherry tomatoes- 42 cals

### Snacks

410 cals, 21g protein, 28g net carbs, 20g fat



#### Avocado

176 cals



#### Plain yogurt

1 1/2 cup(s)- 232 cals

### Lunch

1025 cals, 89g protein, 103g net carbs, 21g fat



#### Cottage cheese & honey

1 cup(s)- 249 cals



#### Grapes

77 cals



#### Turkey & hummus deli sandwich

2 sandwich(es)- 698 cals

### Dinner

1010 cals, 98g protein, 88g net carbs, 27g fat



#### Buffalo chicken zucchini boats

5 zucchini boat(s)- 695 cals



#### Fruit juice

2 3/4 cup(s)- 315 cals

## Nut and Seed Products

- ☐ sunflower kernels  
2 oz (57g)
- ☐ almonds  
4 oz (108g)
- ☐ roasted pumpkin seeds, unsalted  
4 tbsp (30g)

## Beverages

- ☐ water  
1/2 gallon (2112mL)
- ☐ protein powder  
4 scoop (1/3 cup ea) (120g)

## Sweets

- ☐ cocoa powder  
5 tsp (9g)
- ☐ honey  
4 tbsp (84g)

## Dairy and Egg Products

- ☐ nonfat greek yogurt, plain  
1 3/4 container (292g)
- ☐ sliced cheese  
2 slice (3/4 oz ea) (42g)
- ☐ whole milk  
5 cup (1171mL)
- ☐ parmesan cheese  
1 cup (94g)
- ☐ eggs  
13 1/4 medium (582g)
- ☐ low fat cottage cheese (1% milkfat)  
3 cup (678g)
- ☐ plain lowfat yogurt  
4 1/2 cup (1103g)
- ☐ butter  
1 tbsp (14g)
- ☐ cheddar cheese  
6 3/4 tbsp, shredded (47g)

## Other

- ☐ protein powder, chocolate  
5 scoop (1/3 cup ea) (155g)
- ☐ protein bar (20g protein)  
2 bar (100g)
- ☐ coleslaw mix  
1 cup (90g)

## Spices and Herbs

- ☐ thyme, dried  
2 tsp, ground (3g)
- ☐ salt  
1/4 oz (6g)
- ☐ lemon pepper  
1 tbsp (7g)
- ☐ black pepper  
1 1/2 g (1g)
- ☐ paprika  
1/4 oz (6g)
- ☐ yellow mustard  
2 dash or 1 packet (1g)
- ☐ balsamic vinegar  
1/2 tbsp (8mL)
- ☐ garlic powder  
1/2 tbsp (5g)
- ☐ chipotle seasoning  
1/4 tbsp (2g)

## Baked Products

- ☐ bread  
1 3/4 lbs (800g)

## Fruits and Fruit Juices

- ☐ lemon  
1 3/4 small (102g)
- ☐ avocados  
3 1/2 avocado(s) (704g)
- ☐ fruit juice  
30 fl oz (900mL)
- ☐ blackberries  
4 cup (576g)
- ☐ lemon juice  
1/2 tbsp (8mL)
- ☐ grapes  
2 2/3 cup (245g)

## Finfish and Shellfish Products

- ☐ tilapia, raw  
2 1/2 lbs (1176g)

## Cereal Grains and Pasta

- ☐ all-purpose flour  
1/3 cup(s) (42g)

## Poultry Products

- ☐ mixed greens  
2 cup (60g)
- ☐ cottage cheese & fruit cup  
4 container (680g)

## Vegetables and Vegetable Products

- ☐ mushrooms  
6 1/2 oz (183g)
- ☐ kale leaves  
1 3/4 bunch (298g)
- ☐ mashed potato mix  
1 1/2 oz (43g)
- ☐ tomatoes  
7 1/2 medium whole (2-3/5" dia) (933g)
- ☐ fresh spinach  
16 1/4 cup(s) (488g)
- ☐ sweet potatoes  
2 sweetpotato, 5" long (420g)
- ☐ onion  
1/2 small (35g)
- ☐ fresh parsley  
1 1/2 sprigs (2g)
- ☐ garlic  
2 clove (6g)
- ☐ zucchini  
2 1/2 medium (490g)

## Fats and Oils

- ☐ olive oil  
5 3/4 tbsp (86mL)
- ☐ oil  
11 3/4 g (12mL)
- ☐ mayonnaise  
2 tbsp (30mL)

- ☐ boneless skinless chicken breast, raw  
2 1/4 lbs (958g)

## Legumes and Legume Products

- ☐ lentils, raw  
14 tbsp (168g)
- ☐ hummus  
10 tbsp (150g)
- ☐ chickpeas, canned  
1/2 can (224g)

## Pork Products

- ☐ bacon  
2 slice(s) (20g)

## Soups, Sauces, and Gravies

- ☐ pesto sauce  
4 tbsp (64g)
- ☐ barbecue sauce  
3/4 cup (204g)
- ☐ apple cider vinegar  
1/2 tbsp (0mL)
- ☐ Frank's Red Hot sauce  
1/4 cup (67mL)

## Breakfast Cereals

- ☐ breakfast cereal  
5 3/4 serving (173g)

## Sausages and Luncheon Meats

- ☐ chicken cold cuts  
3/4 lbs (340g)
- ☐ turkey cold cuts  
1 lbs (454g)

## Beef Products

- ☐ ground beef (93% lean)  
30 oz (851g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
1 oz (28g)

For all 2 meals:

**sunflower kernels**  
2 oz (57g)

1. This recipe has no instructions.

### Double chocolate protein shake

343 cals ● 70g protein ● 2g fat ● 6g carbs ● 4g fiber



For single meal:

**water**  
2 1/2 cup(s) (593mL)  
**cocoa powder**  
2 1/2 tsp (5g)  
**nonfat greek yogurt, plain**  
5 tbsp (88g)  
**protein powder, chocolate**  
2 1/2 scoop (1/3 cup ea) (78g)

For all 2 meals:

**water**  
5 cup(s) (1185mL)  
**cocoa powder**  
5 tsp (9g)  
**nonfat greek yogurt, plain**  
10 tbsp (175g)  
**protein powder, chocolate**  
5 scoop (1/3 cup ea) (155g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Boiled eggs

3 egg(s) - 208 cal ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
3 large (150g)

For all 3 meals:

**eggs**  
9 large (450g)

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.

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### Breakfast cereal with protein milk

309 cal ● 23g protein ● 7g fat ● 36g carbs ● 4g fiber



For single meal:

**whole milk**  
10 tbsp (150mL)  
**breakfast cereal**  
1 1/4 serving (38g)  
**protein powder**  
5/8 scoop (1/3 cup ea) (19g)

For all 3 meals:

**whole milk**  
2 cup (450mL)  
**breakfast cereal**  
3 3/4 serving (113g)  
**protein powder**  
2 scoop (1/3 cup ea) (58g)

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.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Toast with butter

1 1/2 slice(s) - 171 cals ● 6g protein ● 7g fat ● 18g carbs ● 3g fiber



For single meal:

**bread**  
1 1/2 slice (48g)  
**butter**  
1/2 tbsp (7g)

For all 2 meals:

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

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

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### Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
2 container (340g)

For all 2 meals:

**cottage cheese & fruit cup**  
4 container (680g)

1. Mix cottage cheese and fruit portions of the container together 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 2 meals:

**tomatoes**  
24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.
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## Lunch 1 [🔗](#)

Eat on day 1

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### Grilled cheese with mushrooms

646 cals ● 29g protein ● 33g fat ● 50g carbs ● 9g fiber



#### **mushrooms**

1 cup, chopped (70g)

#### **olive oil**

1 tbsp (15mL)

#### **thyme, dried**

2 tsp, ground (3g)

#### **bread**

4 slice(s) (128g)

#### **sliced cheese**

2 slice (3/4 oz ea) (42g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

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### Simple kale & avocado salad

345 cals ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



#### **kale leaves, chopped**

3/4 bunch (128g)

#### **lemon, juiced**

3/4 small (44g)

#### **avocados, chopped**

3/4 avocado(s) (151g)

1. Add all ingredients into a bowl.
  2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
  3. Season with salt and pepper if desired. Serve.
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## Lunch 2 [↗](#)

Eat on day 2

### Protein bar

2 bar - 490 cal ● 40g protein ● 10g fat ● 52g carbs ● 8g fiber



Makes 2 bar

#### **protein bar (20g protein)**

2 bar (100g)

1. This recipe has no instructions.

### Simple kale & avocado salad

115 cal ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



#### **kale leaves, chopped**

1/4 bunch (43g)

#### **lemon, juiced**

1/4 small (15g)

#### **avocados, chopped**

1/4 avocado(s) (50g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

### Avocado BLT

411 cal ● 19g protein ● 21g fat ● 28g carbs ● 10g fiber



#### **hummus**

2 tbsp (30g)

#### **bacon**

2 slice(s) (20g)

#### **avocados, sliced**

1/4 avocado(s) (50g)

#### **tomatoes**

2 slice(s), thin/small (30g)

#### **salt**

1 dash (0g)

#### **bread**

2 slice (64g)

#### **fresh spinach**

1/4 cup(s) (8g)

#### **black pepper**

1 dash (0g)

1. Cook bacon according to package.
2. Toast bread.
3. Spread hummus over bread.
4. Layer one slice with lettuce, bacon, avocado, and tomato.
5. Season with salt and pepper.
6. Top with the other slice.

## Lunch 3 [↗](#)

Eat on day 3

### Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



Makes 1 cup(s)

#### fruit juice

8 fl oz (240mL)

1. This recipe has no instructions.

### Pesto chicken sweet potatoes

2 sweet potato(s) - 862 cals ● 60g protein ● 29g fat ● 75g carbs ● 14g fiber



Makes 2 sweet potato(s)

#### pesto sauce

4 tbsp (64g)

#### boneless skinless chicken breast, raw

1/2 lbs (227g)

#### sweet potatoes

2 sweetpotato, 5" long (420g)

1. Microwave sweet potato(s) for 4-7 minutes, or until soft. (Optional: bake in 400F (200 C) oven for 45 min to 1 hr instead)
2. Meanwhile, put raw chicken in a pot and cover with about an inch of water. Bring to a boil and cook for 15-20 minutes until chicken is done.
3. Transfer chicken to a bowl and shred with 2 forks.
4. Add pesto to chicken and mix well. Stuff sweet potatoes with chicken mixture. Serve.

## Lunch 4 [↗](#)

Eat on day 4

### Cottage cheese & honey

1 cup(s) - 249 cals ● 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.



## Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

1. This recipe has no instructions.

## Egg salad sandwich

1 sandwich(es) - 542 cals ● 25g protein ● 36g fat ● 26g carbs ● 4g fiber



Makes 1 sandwich(es)

### **eggs**

3 medium (132g)

### **mayonnaise**

2 tbsp (30mL)

### **onion, chopped**

1/4 small (18g)

### **salt**

1 dash (0g)

### **black pepper**

1 dash (0g)

### **bread**

2 slice (64g)

### **paprika**

1 dash (1g)

### **yellow mustard**

2 dash or 1 packet (1g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

## Lunch 5 [🔗](#)

Eat on day 5

### Bbq deli chicken sandwich

3 sandwich(es) - 774 cals ● 73g protein ● 10g fat ● 89g carbs ● 9g fiber



Makes 3 sandwich(es)

#### coleslaw mix

1 cup (90g)

#### barbecue sauce

6 tbsp (102g)

#### chicken cold cuts

3/4 lbs (340g)

#### bread

3 slice(s) (96g)

1. Create sandwich by spreading barbecue sauce over the half the bread and fill with chicken and coleslaw. Top with remaining bread. 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!

## Lunch 6 [🔗](#)

Eat on day 6, day 7

### Cottage cheese & honey

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



For single meal:

#### honey

4 tsp (28g)

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

1 cup (226g)

For all 2 meals:

#### honey

2 2/3 tbsp (56g)

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

2 cup (452g)

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

### Grapes

77 cals ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



For single meal:

**grapes**  
1 1/3 cup (123g)

For all 2 meals:

**grapes**  
2 2/3 cup (245g)

1. This recipe has no instructions.

Turkey & hummus deli sandwich

2 sandwich(es) - 698 cals ● 59g protein ● 18g fat ● 61g carbs ● 13g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**mixed greens**  
1 cup (30g)  
**tomatoes**  
4 slice(s), thick/large (1/2" thick)  
(108g)  
**hummus**  
4 tbsp (60g)  
**bread**  
4 slice(s) (128g)  
**turkey cold cuts**  
1/2 lbs (227g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**mixed greens**  
2 cup (60g)  
**tomatoes**  
8 slice(s), thick/large (1/2" thick)  
(216g)  
**hummus**  
1/2 cup (120g)  
**bread**  
8 slice(s) (256g)  
**turkey cold cuts**  
1 lbs (454g)

- 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

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

**almonds**  
3 tbsp, whole (27g)

For all 2 meals:

**almonds**  
6 tbsp, whole (54g)

1. This recipe has no instructions.

Protein shake (milk)



258 cal ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

**whole milk**  
1 cup (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

**whole milk**  
2 cup (480mL)  
**protein powder**  
2 scoop (1/3 cup ea) (62g)

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

## Snacks 2 [↗](#)

Eat on day 3, day 4

### Breakfast cereal

193 cal ● 6g protein ● 5g fat ● 28g carbs ● 3g fiber



For single meal:

**breakfast cereal**  
1 serving (30g)  
**whole milk**  
1/2 cup (120mL)

For all 2 meals:

**breakfast cereal**  
2 serving (60g)  
**whole milk**  
1 cup (240mL)

1. 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 most breakfast cereals are going to have a very similar macronutrient breakdown.

### Blackberries

2 cup(s) - 139 cal ● 4g protein ● 1g fat ● 12g carbs ● 15g fiber



For single meal:

**blackberries**  
2 cup (288g)

For all 2 meals:

**blackberries**  
4 cup (576g)

1. Rinse blackberries and serve.

### 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 2 meals:

**tomatoes**  
12 cherry tomatoes (204g)

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

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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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### 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 3 meals:

**avocados**  
1 1/2 avocado(s) (302g)  
**lemon juice**  
1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

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### Plain yogurt

1 1/2 cup(s) - 232 cals ● 19g protein ● 6g fat ● 26g carbs ● 0g fiber



For single meal:

**plain lowfat yogurt**  
1 1/2 cup (368g)

For all 3 meals:

**plain lowfat yogurt**  
4 1/2 cup (1103g)

1. This recipe has no instructions.
-

## Dinner 1 [🔗](#)

Eat on day 1

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### Instant mashed potatoes

155 cal ● 5g protein ● 0g fat ● 30g carbs ● 3g fiber



#### mashed potato mix

1 1/2 oz (43g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

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### Almond crusted tilapia

12 oz - 847 cal ● 82g protein ● 40g fat ● 32g carbs ● 7g fiber



Makes 12 oz

#### tilapia, raw

3/4 lbs (336g)

#### almonds

1/2 cup, slivered (54g)

#### all-purpose flour

1/3 cup(s) (42g)

#### salt

2 dash (1g)

#### olive oil

1 tbsp (15mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
  2. Season fish with salt and dredge in flour mixture.
  3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
  4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
  5. Sprinkle almonds over fish.
  6. Serve.
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## Dinner 2 [↗](#)

Eat on day 2

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### Sauteed mushrooms

4 oz mushrooms - 95 cal● 4g protein ● 7g fat ● 3g carbs ● 1g fiber



Makes 4 oz mushrooms

#### **oil**

1/2 tbsp (8mL)

#### **mushrooms, sliced**

4 oz (113g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

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### Lemon pepper chicken breast

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



Makes 16 oz

**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.

## Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



**salt**

3/4 dash (1g)

**water**

1 1/2 cup(s) (356mL)

**lentils, raw, rinsed**

6 tbsp (72g)

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 3 [↗](#)

Eat on day 3, day 4

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### Lentils

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



For single meal:

**salt**  
1/2 dash (0g)  
**water**  
1 cup(s) (237mL)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

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

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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### Parmesan crusted tilapia

15 oz - 686 cals ● 98g protein ● 29g fat ● 7g carbs ● 1g fiber



For single meal:

**parmesan cheese, grated**  
1/2 cup (47g)  
**olive oil**  
2 tsp (9mL)  
**tilapia, raw**  
15 oz (420g)  
**paprika**  
1 1/4 tsp (3g)

For all 2 meals:

**parmesan cheese, grated**  
1 cup (94g)  
**olive oil**  
1 1/4 tbsp (19mL)  
**tilapia, raw**  
30 oz (840g)  
**paprika**  
2 1/2 tsp (6g)

1. Preheat the oven to 400°F (200°C).
2. Line a baking sheet with aluminum foil.
3. In a small bowl, mix together Parmesan cheese, paprika, and a pinch of salt and pepper.
4. Coat the tilapia fillets with olive oil, then place them on the prepared baking sheet. Press the Parmesan mixture onto the top of the tilapia.
5. Bake in the preheated oven for 10 to 12 minutes, or until the fish flakes easily with a fork.

### Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



For single meal:

**kale leaves, chopped**  
3/8 bunch (64g)  
**lemon, juiced**  
3/8 small (22g)  
**avocados, chopped**  
3/8 avocado(s) (75g)

For all 2 meals:

**kale leaves, chopped**  
3/4 bunch (128g)  
**lemon, juiced**  
3/4 small (44g)  
**avocados, chopped**  
3/4 avocado(s) (151g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

## Dinner 4 [↗](#)

Eat on day 5, day 6

### Simple sauteed spinach

199 cal ● 7g protein ● 14g fat ● 5g carbs ● 5g fiber



For single meal:

**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)

For all 2 meals:

**garlic, diced**  
2 clove (6g)  
**black pepper**  
4 dash, ground (1g)  
**salt**  
4 dash (3g)  
**olive oil**  
2 tbsp (30mL)  
**fresh spinach**  
16 cup(s) (480g)

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.

### Bbq glazed meatloaf

3 meatloaves - 839 cal ● 95g protein ● 32g fat ● 39g carbs ● 4g fiber





For single meal:

**garlic powder**  
3 dash (1g)  
**water**  
3 tbsp (45mL)  
**barbecue sauce**  
3 tbsp (51g)  
**chipotle seasoning**  
3 dash (1g)  
**bread**  
1 1/2 slice (48g)  
**ground beef (93% lean)**  
15 oz (425g)

For all 2 meals:

**garlic powder**  
1/4 tbsp (2g)  
**water**  
6 tbsp (90mL)  
**barbecue sauce**  
6 tbsp (102g)  
**chipotle seasoning**  
1/4 tbsp (2g)  
**bread**  
3 slice (96g)  
**ground beef (93% lean)**  
30 oz (851g)

1. Preheat oven to 425°F (220°C).
2. In a medium bowl, soak the bread in the water. Break it up with your hands until it becomes pasty.
3. Add beef, garlic powder, chipotle seasoning and some salt and pepper to the bowl. Mix gently until combined.
4. Form beef mixture into small loaves (use number of loaves listed in the recipe details).
5. Place meat loaves on a baking sheet and brush with the barbeque sauce. Bake until meat loaves are browned and cooked through, 15-18 minutes. Serve.

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## Dinner 5 [🔗](#)

Eat on day 7

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### Buffalo chicken zucchini boats

5 zucchini boat(s) - 695 cals ● 93g protein ● 25g fat ● 18g carbs ● 6g fiber



Makes 5 zucchini boat(s)

**garlic powder**

1/4 tbsp (3g)

**cheddar cheese, shredded**

6 2/3 tbsp, shredded (47g)

**boneless skinless chicken breast, raw**

10 oz (283g)

**Frank's Red Hot sauce**

1/4 cup (67mL)

**nonfat greek yogurt, plain**

6 2/3 tbsp (117g)

**zucchini**

2 1/2 medium (490g)

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 plate and set aside to cool.
3. Preheat oven to 400°F (200°C).
4. Cut zucchini in half lengthwise. Using a spoon, scoop out the inside of the zucchini and transfer zucchini insides to a large bowl and reserve for later.
5. Place the zucchini boats on a baking sheet and season with some salt and pepper. Bake for 10 minutes.
6. Meanwhile, make the filling. Once chicken is cool enough to handle, shred it with two forks. Add the shredded chicken to the bowl with the zucchini insides and combine with the Greek yogurt, half of the cheddar cheese, buffalo sauce, garlic powder and some salt and pepper. Mix.
7. Remove zucchini boats from oven. Spoon chicken mixture into the cavity and top with remaining cheese.
8. Bake for 20-25 minutes. Serve.

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**Fruit juice**

2 3/4 cup(s) - 315 cals ● 5g protein ● 1g fat ● 70g carbs ● 1g fiber



Makes 2 3/4 cup(s)

**fruit juice**

22 fl oz (660mL)

1. This recipe has no instructions.
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