

Meal Plan - Meal plan with over 100g protein

[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

1289 cals ● 136g protein (42%) ● 60g fat (42%) ● 35g carbs (11%) ● 17g fiber (5%)

Breakfast

265 cals, 21g protein, 7g net carbs, 14g fat



[Chocolate avocado chia pudding](#)

197 cals



[Boiled eggs](#)

1 egg(s)- 69 cals

Lunch

580 cals, 53g protein, 13g net carbs, 34g fat



[Chicken beet & carrot salad bowl](#)

300 cals



[String cheese](#)

2 stick(s)- 165 cals



[Roasted peanuts](#)

1/8 cup(s)- 115 cals

Dinner

445 cals, 62g protein, 15g net carbs, 12g fat



[Spicy garlic lime chicken breast](#)

9 oz- 349 cals



[Green beans](#)

95 cals

Day 2

1176 cals ● 127g protein (43%) ● 46g fat (35%) ● 45g carbs (15%) ● 19g fiber (6%)

Breakfast

265 cals, 21g protein, 7g net carbs, 14g fat



[Chocolate avocado chia pudding](#)

197 cals



[Boiled eggs](#)

1 egg(s)- 69 cals

Lunch

465 cals, 45g protein, 23g net carbs, 19g fat



[Hummus crusted chicken](#)

6 oz- 234 cals



[Buttery brown rice](#)

125 cals



[Buttered sugar snap peas](#)

107 cals

Dinner

445 cals, 62g protein, 15g net carbs, 12g fat



[Spicy garlic lime chicken breast](#)

9 oz- 349 cals



[Green beans](#)

95 cals

Day 3

1184 cal ● 119g protein (40%) ● 53g fat (41%) ● 39g carbs (13%) ● 19g fiber (6%)

Breakfast

265 cal, 21g protein, 7g net carbs, 14g fat



[Chocolate avocado chia pudding](#)
197 cal



[Boiled eggs](#)
1 egg(s)- 69 cal

Dinner

445 cal, 33g protein, 21g net carbs, 23g fat



[Sautéed peppers and onions](#)
125 cal



[Almond crusted tilapia](#)
4 1/2 oz- 318 cal

Lunch

475 cal, 65g protein, 11g net carbs, 17g fat



[Lemon pepper chicken breast](#)
10 oz- 370 cal



[Roasted carrots](#)
2 carrots(s)- 106 cal

Day 4

1194 cal ● 108g protein (36%) ● 61g fat (46%) ● 38g carbs (13%) ● 16g fiber (5%)

Breakfast

225 cal, 14g protein, 5g net carbs, 15g fat



[Basic fried eggs](#)
1 egg(s)- 80 cal



[Carrot sticks](#)
1 carrot(s)- 27 cal



[Egg in an eggplant](#)
120 cal

Dinner

445 cal, 33g protein, 21g net carbs, 23g fat



[Sautéed peppers and onions](#)
125 cal



[Almond crusted tilapia](#)
4 1/2 oz- 318 cal

Lunch

525 cal, 61g protein, 11g net carbs, 23g fat



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



[Simple mixed greens and tomato salad](#)
76 cal

Day 5

1153 cal ● 101g protein (35%) ● 63g fat (49%) ● 29g carbs (10%) ● 17g fiber (6%)

Breakfast

225 cal, 14g protein, 5g net carbs, 15g fat



Basic fried eggs
1 egg(s)- 80 cal



Carrot sticks
1 carrot(s)- 27 cal



Egg in an eggplant
120 cal

Dinner

455 cal, 41g protein, 8g net carbs, 24g fat



Avocado tuna salad stuffed pepper
2 half pepper(s)- 456 cal

Lunch

470 cal, 47g protein, 16g net carbs, 23g fat



Chicken egg drop soup
356 cal



Simple garlic bread
1 slice(s)- 115 cal

Day 6

1146 cal ● 100g protein (35%) ● 40g fat (31%) ● 80g carbs (28%) ● 16g fiber (6%)

Breakfast

205 cal, 13g protein, 12g net carbs, 11g fat



Easy mini quiche
2 quiche(s)- 192 cal



Cucumber slices
1/4 cucumber- 15 cal

Dinner

475 cal, 48g protein, 34g net carbs, 14g fat



Spiced chicken tabbouleh bowl
362 cal



Roasted almonds
1/8 cup(s)- 111 cal

Lunch

465 cal, 39g protein, 34g net carbs, 15g fat



Roasted broccoli
98 cal



Brown rice
1/2 cup brown rice, cooked- 115 cal



Chicken sausage
2 link- 254 cal

Day 7

1146 cal ● 100g protein (35%) ● 40g fat (31%) ● 80g carbs (28%) ● 16g fiber (6%)

Breakfast

205 cal, 13g protein, 12g net carbs, 11g fat



Easy mini quiche

2 quiche(s)- 192 cal



Cucumber slices

1/4 cucumber- 15 cal

Dinner

475 cal, 48g protein, 34g net carbs, 14g fat



Spiced chicken tabbouleh bowl

362 cal



Roasted almonds

1/8 cup(s)- 111 cal

Lunch

465 cal, 39g protein, 34g net carbs, 15g fat



Roasted broccoli

98 cal



Brown rice

1/2 cup brown rice, cooked- 115 cal



Chicken sausage

2 link- 254 cal

Fats and Oils

- olive oil
1 oz (35mL)
- oil
1 1/2 oz (46mL)
- salad dressing
1 1/2 tbsp (23mL)

Spices and Herbs

- garlic powder
1/4 oz (6g)
- salt
1/2 oz (12g)
- black pepper
3 g (3g)
- cayenne pepper
1 1/2 dash (0g)
- paprika
1 1/2 dash (0g)
- thyme, dried
1/2 g (0g)
- lemon pepper
2 tsp (4g)
- chili powder
1/2 tbsp (4g)
- fresh basil
9 leaves (5g)
- dry mustard powder
1/3 tsp (1g)
- ground cumin
4 dash (1g)
- onion powder
4 dash (1g)

Fruits and Fruit Juices

- lime juice
1 1/4 fl oz (39mL)
- avocados
2/3 avocado(s) (138g)
- green olives
9 large (40g)
- lemon juice
1/4 tbsp (4mL)

Poultry Products

- boneless skinless chicken breast, raw
4 lbs (1808g)

Soups, Sauces, and Gravies

- apple cider vinegar
1/3 tsp (0mL)
- chicken broth
2 cup(s) (mL)

Dairy and Egg Products

- string cheese
2 stick (56g)
- lowfat greek yogurt
6 tbsp (105g)
- whole milk
1 cup (259mL)
- eggs
10 1/3 large (517g)
- butter
1/6 stick (19g)
- swiss cheese
1/3 cup, shredded (36g)

Legumes and Legume Products

- roasted peanuts
2 tbsp (18g)
- hummus
1 1/2 tbsp (23g)
- soy sauce
1/2 tsp (3mL)

Beverages

- protein powder
3/4 scoop (1/3 cup ea) (23g)
- water
1 cup(s) (218mL)

Other

- cacao powder
1 1/2 tbsp (9g)
- mixed greens
1 1/2 cup (45g)
- sesame oil
1/2 tsp (3mL)

Nut and Seed Products

- chia seeds
3 tbsp (43g)

Vegetables and Vegetable Products

- frozen green beans
4 cup (484g)
- carrots
4 2/3 medium (286g)
- beets, precooked (canned or refrigerated)
2 2/3 oz (76g)
- frozen sugar snap peas
2/3 cup (96g)
- onion
1 1/2 medium (2-1/2" dia) (164g)
- bell pepper
3 large (492g)
- tomatoes
2 medium whole (2-3/5" dia) (230g)
- eggplant
2 1 inch (2.5 cm) slice(s) (120g)
- frozen chopped spinach
4 tbsp (39g)
- cucumber
3/4 cucumber (8-1/4") (226g)
- fresh parsley
2 sprigs (2g)
- frozen broccoli
2 package (568g)

- almonds
2 2/3 oz (76g)

Cereal Grains and Pasta

- brown rice
1/2 cup (87g)
- all-purpose flour
1/4 cup(s) (31g)
- instant couscous, flavored
1/2 box (5.8 oz) (82g)

Finfish and Shellfish Products

- tilapia, raw
1/2 lbs (252g)
- canned tuna
1 can (172g)

Baked Products

- bread
2 1/3 slice (75g)

Sausages and Luncheon Meats

- chicken sausage, cooked
4 link (336g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Chocolate avocado chia pudding

197 cal ● 15g protein ● 9g fat ● 7g carbs ● 7g fiber



For single meal:

protein powder
1/4 scoop (1/3 cup ea) (8g)
lowfat greek yogurt
2 tbsp (35g)
avocados
1/2 slices (13g)
cacao powder
1/2 tbsp (3g)
whole milk
4 tbsp (60mL)
chia seeds
1 tbsp (14g)

For all 3 meals:

protein powder
3/4 scoop (1/3 cup ea) (23g)
lowfat greek yogurt
6 tbsp (105g)
avocados
1 1/2 slices (38g)
cacao powder
1 1/2 tbsp (9g)
whole milk
3/4 cup (180mL)
chia seeds
3 tbsp (43g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 3 meals:

eggs
3 large (150g)

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.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Basic fried eggs

1 egg(s) - 80 cal ● 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.
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Carrot sticks

1 carrot(s) - 27 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.

Egg in an eggplant

120 cal ● 7g protein ● 9g fat ● 1g carbs ● 2g fiber



For single meal:

eggs
1 large (50g)
eggplant
1 1 inch (2.5 cm) slice(s) (60g)
oil
1 tsp (5mL)

For all 2 meals:

eggs
2 large (100g)
eggplant
2 1 inch (2.5 cm) slice(s) (120g)
oil
2 tsp (10mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Easy mini quiche

2 quiche(s) - 192 cal ● 13g protein ● 11g fat ● 10g carbs ● 1g fiber



For single meal:

eggs
2/3 large (33g)
whole milk
2 2/3 tbsp (40mL)
dry mustard powder
1 1/3 dash (0g)
swiss cheese
2 2/3 tbsp, shredded (18g)
bread
2/3 slice (21g)
onion, minced
1/6 medium (2-1/2" dia) (18g)

For all 2 meals:

eggs
1 1/3 large (67g)
whole milk
1/3 cup (80mL)
dry mustard powder
1/3 tsp (1g)
swiss cheese
1/3 cup, shredded (36g)
bread
1 1/3 slice (43g)
onion, minced
1/3 medium (2-1/2" dia) (37g)

1. Preheat oven to 375°F (190°C). Lightly grease the muffin tins (one for each serving).
2. Trim or cut bread into circles. Place circles in bottom of muffin tins. You can use various scraps of bread and press them together at the base of the tin in order to get the most use out of a slice. Distribute the onion and shredded cheese evenly between the muffin tins.
3. In a medium bowl, combine milk, eggs, mustard and some salt and pepper. Divide between the muffin tins. Quiches will puff up, so be sure to leave some space at the top.
4. Bake for 20 minutes, or until a toothpick inserted into the center of a quiche comes out clean.

Cucumber slices

1/4 cucumber - 15 cal ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

cucumber

1/4 cucumber (8-1/4") (75g)

For all 2 meals:

cucumber

1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.

Lunch 1 [↗](#)

Eat on day 1

Chicken beet & carrot salad bowl

300 cal ● 35g protein ● 13g fat ● 7g carbs ● 2g fiber



boneless skinless chicken breast, raw, cubed

1/3 lbs (149g)

apple cider vinegar

1/3 tsp (0mL)

thyme, dried

1 1/3 dash, leaves (0g)

oil

2 tsp (10mL)

carrots, thinly sliced

1/3 medium (20g)

beets, precooked (canned or refrigerated), cubed

2 2/3 oz (76g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

String cheese

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



Makes 2 stick(s)

string cheese

2 stick (56g)

1. This recipe has no instructions.

Roasted peanuts

1/8 cup(s) - 115 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

roasted peanuts

2 tbsp (18g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2

Hummus crusted chicken

6 oz - 234 cal ● 40g protein ● 7g fat ● 2g carbs ● 2g fiber



Makes 6 oz

paprika

3/4 dash (0g)

hummus

1 1/2 tbsp (23g)

boneless skinless chicken breast, raw

6 oz (170g)

1. Preheat oven to 450°F (230°C).
2. Pat chicken dry with paper towels and season with salt and pepper.
3. Place chicken on a lined baking sheet. Spread hummus over the top of the chicken until evenly coated. Sprinkle paprika over the hummus.
4. Bake about 15-20 minutes until the chicken is cooked through and no longer pink inside. Serve.

Buttery brown rice

125 cal ● 2g protein ● 5g fat ● 17g carbs ● 1g fiber



butter
1 tsp (5g)
brown rice
2 tbsp (24g)
salt
3/4 dash (1g)
water
1/4 cup(s) (59mL)
black pepper
3/4 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

Buttered sugar snap peas

107 cal ● 3g protein ● 8g fat ● 4g carbs ● 3g fiber



black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
butter
2 tsp (9g)
frozen sugar snap peas
2/3 cup (96g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Lunch 3 [↗](#)

Eat on day 3

Lemon pepper chicken breast

10 oz - 370 cal ● 64g protein ● 12g fat ● 2g carbs ● 1g fiber



Makes 10 oz

lemon pepper

2 tsp (4g)

olive oil

1 tsp (5mL)

boneless skinless chicken breast, raw

10 oz (280g)

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.

Roasted carrots

2 carrots(s) - 106 cal ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



Makes 2 carrots(s)

oil

1 tsp (5mL)

carrots, sliced

2 large (144g)

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.

Lunch 4 [↗](#)

Eat on day 4

Baked chicken with tomatoes & olives

9 oz - 449 cal ● 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.

Simple mixed greens and tomato salad

76 cal ● 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.
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Lunch 5 [↗](#)

Eat on day 5

Chicken egg drop soup

356 cal ● 43g protein ● 18g fat ● 4g carbs ● 1g fiber



oil
1/2 tsp (3mL)
boneless skinless chicken breast, raw, cut into bite-sized pieces
4 oz (113g)
chicken broth
2 cup(s) (mL)
eggs
2 large (100g)
soy sauce
1/2 tsp (3mL)
sesame oil
1/2 tsp (3mL)
frozen chopped spinach
4 tbs (39g)

1. Add the oil (note, not the sesame oil) to the bottom of a pot over medium heat. Add the chicken and cook until browned and cooked through.
2. Add broth, soy sauce, and sesame oil to the pot and bring to a boil. Meanwhile, beat eggs in a cup and aside.
3. Add in the frozen spinach and cook until softened. Return to a boil.
4. Stir gently, while slowly pouring in the egg. Cook for about 1-2 minutes.
5. Season with salt/pepper to taste and serve.

Simple garlic bread

1 slice(s) - 115 cal ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



Makes 1 slice(s)

bread
1 slice (32g)
butter
1 tsp (5g)
garlic powder
1/2 dash (0g)

1. Spread the butter on the bread, sprinkle with some garlic powder, and toast in a toaster oven until bread is golden brown.
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Lunch 6 [↗](#)

Eat on day 6, day 7

Roasted broccoli

98 cal ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



For single meal:

frozen broccoli
1 package (284g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
garlic powder
2 dash (1g)
onion powder
2 dash (1g)

For all 2 meals:

frozen broccoli
2 package (568g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
garlic powder
4 dash (2g)
onion powder
4 dash (1g)

1. Preheat oven to 375°F.
2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

Brown rice

1/2 cup brown rice, cooked - 115 cal ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



For single meal:

brown rice
2 2/3 tbsp (32g)
salt
1 dash (1g)
water
1/3 cup(s) (79mL)
black pepper
1 dash, ground (0g)

For all 2 meals:

brown rice
1/3 cup (63g)
salt
2 dash (1g)
water
2/3 cup(s) (158mL)
black pepper
2 dash, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Chicken sausage

2 link - 254 cal ● 28g protein ● 14g fat ● 4g carbs ● 0g fiber



For single meal:

chicken sausage, cooked
2 link (168g)

For all 2 meals:

chicken sausage, cooked
4 link (336g)

1. Quickly heat on stove top, grill, or microwave and enjoy.

Dinner 1 [↗](#)

Eat on day 1, day 2

Spicy garlic lime chicken breast

9 oz - 349 cal ● 57g protein ● 12g fat ● 3g carbs ● 0g fiber



For single meal:

olive oil
1 tsp (6mL)
garlic powder
1/4 tbsp (2g)
lime juice
1 tbsp (17mL)
salt
1/4 tsp (2g)
black pepper
3/4 dash, ground (0g)
cayenne pepper
3/4 dash (0g)
paprika
3/8 dash (0g)
thyme, dried
3/4 dash, ground (0g)
boneless skinless chicken breast, raw
1/2 lbs (252g)

For all 2 meals:

olive oil
3/4 tbsp (11mL)
garlic powder
1/2 tbsp (5g)
lime juice
2 1/4 tbsp (34mL)
salt
1/2 tsp (3g)
black pepper
1 1/2 dash, ground (0g)
cayenne pepper
1 1/2 dash (0g)
paprika
3/4 dash (0g)
thyme, dried
1 1/2 dash, ground (0g)
boneless skinless chicken breast, raw
18 oz (504g)

1. In a small bowl, mix together salt, black pepper, cayenne, paprika, and thyme.
2. Sprinkle spice mixture generously on both sides of chicken breasts.
3. Heat olive oil in a skillet over medium heat. Saute chicken until golden brown, about 6 minutes on each side.
4. Sprinkle with the garlic powder and lime juice. Cook 5 minutes, stirring frequently to coat evenly with sauce.

Green beans

95 cal ● 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

Sauteed peppers and onions

125 cal ● 2g protein ● 7g fat ● 9g carbs ● 4g fiber



For single meal:

oil
1/2 tbsp (8mL)
onion, sliced
1/2 medium (2-1/2" dia) (55g)
bell pepper, sliced into strips
1 large (164g)

For all 2 meals:

oil
1 tbsp (15mL)
onion, sliced
1 medium (2-1/2" dia) (110g)
bell pepper, sliced into strips
2 large (328g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Almond crusted tilapia

4 1/2 oz - 318 cal ● 31g protein ● 15g fat ● 12g carbs ● 3g fiber



For single meal:

tilapia, raw
1/4 lbs (126g)
almonds
3 tbsp, slivered (20g)
all-purpose flour
1/8 cup(s) (16g)
salt
3/4 dash (0g)
olive oil
1 tsp (6mL)

For all 2 meals:

tilapia, raw
1/2 lbs (252g)
almonds
6 tbsp, slivered (41g)
all-purpose flour
1/4 cup(s) (31g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)

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.

Dinner 3 [↗](#)

Eat on day 5

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.
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Dinner 4 [↗](#)

Eat on day 6, day 7

Spiced chicken tabbouleh bowl

362 cal ● 44g protein ● 5g fat ● 32g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

boneless skinless chicken breast, raw
3/4 lbs (336g)
instant couscous, flavored
1/2 box (5.8 oz) (82g)
oil
1/4 tsp (1mL)
ground cumin
4 dash (1g)
cucumber, chopped
1/4 cucumber (8-1/4") (75g)
tomatoes, chopped
1/2 roma tomato (40g)
fresh parsley, chopped
2 sprigs (2g)
lemon juice
1/4 tbsp (4mL)

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

Roasted almonds

1/8 cup(s) - 111 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. This recipe has no instructions.
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