

Meal Plan - Meal plan with over 130g protein



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

Day 1

1612 cals ● 137g protein (34%) ● 76g fat (43%) ● 64g carbs (16%) ● 30g fiber (7%)

Breakfast

270 cals, 19g protein, 6g net carbs, 17g fat



[Blackberries](#)
2/3 cup(s)- 46 cals



[Basic scrambled eggs](#)
2 egg(s)- 142 cals



[String cheese](#)
1 stick(s)- 83 cals

Snacks

225 cals, 16g protein, 28g net carbs, 4g fat



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



[Crackers](#)
4 cracker(s)- 68 cals



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals

Lunch

545 cals, 49g protein, 15g net carbs, 25g fat



[Garlic collard greens](#)
279 cals



[Baked garlic parmesan chicken](#)
5 1/3 oz- 266 cals

Dinner

570 cals, 53g protein, 15g net carbs, 31g fat



[Turkey taco lettuce cups](#)
4 lettuce taco(s)- 418 cals



[Roasted peanuts](#)
1/6 cup(s)- 153 cals

Day 2

1561 cal ● 145g protein (37%) ● 65g fat (37%) ● 77g carbs (20%) ● 23g fiber (6%)

Breakfast

270 cal, 19g protein, 6g net carbs, 17g fat



Blackberries
2/3 cup(s)- 46 cal



Basic scrambled eggs
2 egg(s)- 142 cal



String cheese
1 stick(s)- 83 cal

Snacks

225 cal, 16g protein, 28g net carbs, 4g fat



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



Crackers
4 cracker(s)- 68 cal



Cherry tomatoes
9 cherry tomatoes- 32 cal

Lunch

495 cal, 57g protein, 28g net carbs, 13g fat



Marinated chicken breast
8 oz- 283 cal



Garlic collard greens
80 cal



Basic baked potato
1/2 potato(es)- 132 cal

Dinner

570 cal, 53g protein, 15g net carbs, 31g fat



Turkey taco lettuce cups
4 lettuce taco(s)- 418 cal



Roasted peanuts
1/6 cup(s)- 153 cal

Day 3

1586 cal ● 161g protein (41%) ● 52g fat (30%) ● 97g carbs (24%) ● 21g fiber (5%)

Breakfast

270 cal, 19g protein, 6g net carbs, 17g fat



Blackberries
2/3 cup(s)- 46 cal



Basic scrambled eggs
2 egg(s)- 142 cal



String cheese
1 stick(s)- 83 cal

Snacks

255 cal, 18g protein, 21g net carbs, 9g fat



Pork rinds
1 oz- 149 cal



Apple
1 apple(s)- 105 cal

Lunch

495 cal, 57g protein, 28g net carbs, 13g fat



Marinated chicken breast
8 oz- 283 cal



Garlic collard greens
80 cal



Basic baked potato
1/2 potato(es)- 132 cal

Dinner

565 cal, 68g protein, 41g net carbs, 14g fat



Grilled chicken sandwich
1 sandwich(es)- 460 cal



Cottage cheese & fruit cup
1 container- 107 cal

Day 4

1608 cals ● 164g protein (41%) ● 49g fat (27%) ● 111g carbs (28%) ● 17g fiber (4%)

Breakfast

295 cals, 14g protein, 30g net carbs, 9g fat



Hummus toast

2 slice(s)- 293 cals

Snacks

255 cals, 18g protein, 21g net carbs, 9g fat



Pork rinds

1 oz- 149 cals



Apple

1 apple(s)- 105 cals

Lunch

495 cals, 65g protein, 19g net carbs, 17g fat



Buttery brown rice

125 cals



Lemon pepper chicken breast

10 oz- 370 cals

Dinner

565 cals, 68g protein, 41g net carbs, 14g fat



Grilled chicken sandwich

1 sandwich(es)- 460 cals



Cottage cheese & fruit cup

1 container- 107 cals

Day 5

1529 cals ● 131g protein (34%) ● 66g fat (39%) ● 85g carbs (22%) ● 17g fiber (4%)

Breakfast

295 cals, 14g protein, 30g net carbs, 9g fat



Hummus toast

2 slice(s)- 293 cals

Snacks

255 cals, 18g protein, 21g net carbs, 9g fat



Pork rinds

1 oz- 149 cals



Apple

1 apple(s)- 105 cals

Lunch

495 cals, 65g protein, 19g net carbs, 17g fat



Buttery brown rice

125 cals



Lemon pepper chicken breast

10 oz- 370 cals

Dinner

485 cals, 34g protein, 16g net carbs, 31g fat



Cheesesteak Stuffed Peppers

1 pepper halve(s)- 375 cals



Milk

3/4 cup(s)- 112 cals

Day 6

1547 cals ● 150g protein (39%) ● 59g fat (34%) ● 84g carbs (22%) ● 21g fiber (5%)

Breakfast

220 cals, 14g protein, 4g net carbs, 16g fat



Pesto scrambled eggs
2 eggs- 198 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Snacks

200 cals, 17g protein, 19g net carbs, 5g fat



Protein shake (milk)
129 cals



Nectarine
1 nectarine(s)- 70 cals

Lunch

610 cals, 71g protein, 45g net carbs, 14g fat



Lentils
231 cals



Teriyaki chicken
8 oz- 380 cals

Dinner

520 cals, 48g protein, 16g net carbs, 25g fat



Cottage cheese & honey
1/4 cup(s)- 62 cals



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

Day 7

1547 cals ● 150g protein (39%) ● 59g fat (34%) ● 84g carbs (22%) ● 21g fiber (5%)

Breakfast

220 cals, 14g protein, 4g net carbs, 16g fat



Pesto scrambled eggs
2 eggs- 198 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Snacks

200 cals, 17g protein, 19g net carbs, 5g fat



Protein shake (milk)
129 cals



Nectarine
1 nectarine(s)- 70 cals

Lunch

610 cals, 71g protein, 45g net carbs, 14g fat



Lentils
231 cals



Teriyaki chicken
8 oz- 380 cals

Dinner

520 cals, 48g protein, 16g net carbs, 25g fat



Cottage cheese & honey
1/4 cup(s)- 62 cals



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

Fruits and Fruit Juices

- blackberries
2 cup (288g)
- apples
3 medium (3" dia) (546g)
- avocados
1 avocado(s) (201g)
- lime juice
2 tsp (10mL)
- nectarine
2 medium (2-1/2" dia) (284g)

Fats and Oils

- oil
2 oz (55mL)
- olive oil
1 tbsp (14mL)
- marinade sauce
1/2 cup (120mL)

Dairy and Egg Products

- eggs
10 1/2 medium (464g)
- string cheese
3 stick (84g)
- parmesan cheese
2 tsp (4g)
- low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
- butter
3/4 tbsp (11g)
- provolone cheese
2 slice(s) (56g)
- whole milk
1 3/4 cup (420mL)

Vegetables and Vegetable Products

- collard greens
1 1/2 lbs (624g)
- garlic
4 1/4 clove(s) (13g)
- romaine lettuce
8 leaf inner (48g)
- tomatoes
5 medium whole (2-3/5" dia) (600g)
- potatoes
1 large (3" to 4-1/4" dia.) (369g)

Poultry Products

- boneless skinless chicken breast, raw
4 1/2 lbs (2061g)
- ground turkey, raw
1 lbs (454g)

Baked Products

- bread crumbs
4 tsp (9g)
- crackers
8 crackers (28g)
- kaiser rolls
2 roll (3-1/2" dia) (114g)
- bread
4 slice (128g)

Soups, Sauces, and Gravies

- salsa
1/2 cup (144g)
- pesto sauce
2 tbsp (32g)

Beverages

- water
4 cup(s) (908mL)
- protein powder
1 scoop (1/3 cup ea) (31g)

Legumes and Legume Products

- roasted peanuts
1/3 cup (49g)
- hummus
10 tbsp (150g)
- lentils, raw
2/3 cup (128g)

Sweets

- honey
2 tbsp (42g)

Other

- mixed greens
1/2 cup (15g)
- cottage cheese & fruit cup
2 container (266g)

- mushrooms
2 oz (57g)
- onion
1/2 medium (2-1/2" dia) (60g)
- bell pepper
2 1/2 large (410g)

Spices and Herbs

- salt
5 1/2 g (5g)
- black pepper
1/8 oz (1g)
- basil
1 1/2 dash, leaves (0g)
- taco seasoning mix
1 packet (35g)
- dijon mustard
1 tbsp (15g)
- lemon pepper
1 1/4 tbsp (9g)

- pork rinds
3 oz (85g)
- italian seasoning
1 1/2 dash (1g)
- teriyaki sauce
1/2 cup (120mL)

Cereal Grains and Pasta

- brown rice
4 tbsp (48g)

Beef Products

- sirloin steak, raw
2 oz (57g)

Finfish and Shellfish Products

- canned tuna
2 can (344g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Blackberries

2/3 cup(s) - 46 cal ● 1g protein ● 0g fat ● 4g carbs ● 5g fiber



For single meal:

blackberries
2/3 cup (96g)

For all 3 meals:

blackberries
2 cup (288g)

1. Rinse blackberries and serve.

Basic scrambled eggs

2 egg(s) - 142 cal ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 medium (88g)

For all 3 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.

String cheese

1 stick(s) - 83 cal ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 3 meals:

string cheese
3 stick (84g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Hummus toast

2 slice(s) - 293 cal ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

hummus
5 tbsp (75g)
bread
2 slice (64g)

For all 2 meals:

hummus
10 tbsp (150g)
bread
4 slice (128g)

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

Breakfast 3 [↗](#)

Eat on day 6, day 7

Pesto scrambled eggs

2 eggs - 198 cal ● 13g protein ● 15g fat ● 2g carbs ● 0g fiber



For single meal:

pesto sauce
1 tbsp (16g)
eggs
2 large (100g)

For all 2 meals:

pesto sauce
2 tbsp (32g)
eggs
4 large (200g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
 2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.
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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.

Lunch 1 [↗](#)

Eat on day 1

Garlic collard greens

279 cal ● 12g protein ● 15g fat ● 8g carbs ● 16g fiber



collard greens

14 oz (397g)

oil

2 1/2 tsp (13mL)

garlic, minced

2 1/2 clove(s) (8g)

salt

1/4 tsp (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Baked garlic parmesan chicken

5 1/3 oz - 266 cal ● 36g protein ● 10g fat ● 7g carbs ● 0g fiber



Makes 5 1/3 oz

**boneless skinless chicken breast,
raw**

1/3 lbs (151g)

black pepper

1/3 dash, ground (0g)

olive oil

1 tsp (5mL)

garlic, minced

1/6 clove (1g)

parmesan cheese

2 tsp (4g)

bread crumbs

4 tsp (9g)

basil

1 1/3 dash, leaves (0g)

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
 2. In a bowl, blend the olive oil and garlic. In a separate bowl, mix the bread crumbs, Parmesan cheese, basil, and pepper. Dip each chicken breast in the oil mixture, then in the bread crumb mixture. Arrange the coated chicken breasts in the prepared baking dish, and top with any remaining bread crumb mixture.
 3. Bake 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.
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Lunch 2 [↗](#)

Eat on day 2, day 3

Marinated chicken breast

8 oz - 283 cal ● 50g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

1/2 lbs (224g)

marinade sauce

4 tbsp (60mL)

For all 2 meals:

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 mash 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.

Garlic collard greens

80 cal ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



For single meal:

collard greens

4 oz (113g)

oil

1/4 tbsp (4mL)

garlic, minced

3/4 clove(s) (2g)

salt

1/2 dash (0g)

For all 2 meals:

collard greens

1/2 lbs (227g)

oil

1/2 tbsp (8mL)

garlic, minced

1 1/2 clove(s) (5g)

salt

1 dash (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Basic baked potato

1/2 potato(es) - 132 cal ● 3g protein ● 0g fat ● 25g carbs ● 4g fiber



For single meal:

oil
1/4 tsp (1mL)
salt
1/2 dash (0g)
potatoes
1/2 large (3" to 4-1/4" dia.) (185g)

For all 2 meals:

oil
1/2 tsp (3mL)
salt
1 dash (0g)
potatoes
1 large (3" to 4-1/4" dia.) (369g)

1. OVEN:
2. Heat oven to 350 degrees and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

Lunch 3 [↗](#)

Eat on day 4, day 5

Buttery brown rice

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



For single meal:

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)

For all 2 meals:

butter
3/4 tbsp (11g)
brown rice
4 tbsp (48g)
salt
1 1/2 dash (1g)
water
1/2 cup(s) (119mL)
black pepper
1 1/2 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.
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Lemon pepper chicken breast

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



For single meal:

lemon pepper

2 tsp (4g)

olive oil

1 tsp (5mL)

boneless skinless chicken breast, raw

10 oz (280g)

For all 2 meals:

lemon pepper

1 1/4 tbsp (9g)

olive oil

2 tsp (9mL)

boneless skinless chicken breast, raw

1 1/4 lbs (560g)

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 4 [↗](#)

Eat on day 6, day 7

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.

Teriyaki chicken

8 oz - 380 cal ● 55g protein ● 13g fat ● 11g carbs ● 0g fiber



For single meal:

oil
1/2 tbsp (8mL)
teriyaki sauce
4 tbsp (60mL)
boneless skinless chicken breast, raw, cubed
1/2 lbs (224g)

For all 2 meals:

oil
1 tbsp (15mL)
teriyaki sauce
1/2 cup (120mL)
boneless skinless chicken breast, raw, cubed
1 lbs (448g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

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.

Crackers

4 cracker(s) - 68 cal ● 1g protein ● 3g fat ● 9g carbs ● 1g fiber



For single meal:

crackers
4 crackers (14g)

For all 2 meals:

crackers
8 crackers (28g)

1. Enjoy.

Cherry tomatoes

9 cherry tomatoes - 32 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 2 meals:

tomatoes
18 cherry tomatoes (306g)

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

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Pork rinds

1 oz - 149 cal ● 17g protein ● 9g fat ● 0g carbs ● 0g fiber



For single meal:

pork rinds
1 oz (28g)

For all 3 meals:

pork rinds
3 oz (85g)

1. Enjoy.

Apple

1 apple(s) - 105 cal ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples
1 medium (3" dia) (182g)

For all 3 meals:

apples
3 medium (3" dia) (546g)

1. This recipe has no instructions.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk
1/2 cup (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

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

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

1 nectarine(s) - 70 cal ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted
1 medium (2-1/2" dia) (142g)

For all 2 meals:

nectarine, pitted
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.
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Dinner 1 [↗](#)

Eat on day 1, day 2

Turkey taco lettuce cups

4 lettuce taco(s) - 418 cal ● 47g protein ● 19g fat ● 12g carbs ● 4g fiber



For single meal:

salsa
4 tbsp (72g)
oil
1/4 tsp (1mL)
taco seasoning mix
1/2 packet (18g)
romaine lettuce
4 leaf inner (24g)
water
1/3 cup(s) (79mL)
ground turkey, raw
1/2 lbs (227g)

For all 2 meals:

salsa
1/2 cup (144g)
oil
1/2 tsp (3mL)
taco seasoning mix
1 packet (35g)
romaine lettuce
8 leaf inner (48g)
water
2/3 cup(s) (158mL)
ground turkey, raw
1 lbs (454g)

1. Heat oil in a skillet over medium heat. Add turkey, break apart, and cook until browned. Stir in water and taco seasoning and let simmer for a few more minutes until bubbling. Turn off heat and let cool slightly.
2. Place an even amount of taco meat in the center of each lettuce leaf, top with salsa, and serve.
3. Meal prep note: store any leftover meat in an airtight container in the refrigerator. When ready to eat, reheat meat and assemble tacos.

Roasted peanuts

1/6 cup(s) - 153 cal ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 2 meals:

roasted peanuts
1/3 cup (49g)

1. This recipe has no instructions.
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Dinner 2 [↗](#)

Eat on day 3, day 4

Grilled chicken sandwich

1 sandwich(es) - 460 cal ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber



For single meal:

oil
1/2 tsp (3mL)
kaiser rolls
1 roll (3-1/2" dia) (57g)
dijon mustard
1/2 tbsp (8g)
mixed greens
4 tbsp (8g)
tomatoes
3 slice(s), thin/small (45g)
boneless skinless chicken breast, raw
1/2 lbs (227g)

For all 2 meals:

oil
1 tsp (5mL)
kaiser rolls
2 roll (3-1/2" dia) (114g)
dijon mustard
1 tbsp (15g)
mixed greens
1/2 cup (15g)
tomatoes
6 slice(s), thin/small (90g)
boneless skinless chicken breast, raw
1 lbs (454g)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (133g)

For all 2 meals:

cottage cheese & fruit cup
2 container (266g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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Dinner 3 [↗](#)

Eat on day 5

Cheesesteak Stuffed Peppers

1 pepper halve(s) - 375 cal ● 29g protein ● 25g fat ● 7g carbs ● 2g fiber



Makes 1 pepper halve(s)

sirloin steak, raw, sliced into bite-sized pieces

2 oz (57g)

oil

1/2 tsp (3mL)

italian seasoning

1 1/3 dash (1g)

provolone cheese

2 slice(s) (56g)

mushrooms, sliced

2 oz (57g)

onion, sliced

1/6 large (25g)

bell pepper, halved, de-seeded

1/2 large (82g)

1. Preheat oven to 325°F (160°C). Place peppers halves in a baking dish and bake for about 30 minutes, until tender.
2. Meanwhile, heat the oil in a large skillet over medium heat. Add the mushrooms and onions and cook until softened, about 7 minutes.
3. Add steak to pan along with some salt/pepper. Cook for about 4 minutes, until steak is cooked to your liking. Turn off heat and stir in italian seasoning.
4. Remove peppers from the oven and line each bell pepper cavity with one slice of provolone cheese. Spoon steak and mushroom mixture evenly into each cavity. Top with another slice of provolone.
5. Watching carefully, broil peppers until cheese is melty and golden, about 3 minutes. Serve.

Milk

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



Makes 3/4 cup(s)

whole milk

3/4 cup (180mL)

1. This recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 6, day 7

Cottage cheese & honey

1/4 cup(s) - 62 cal ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

honey
1 tsp (7g)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)

For all 2 meals:

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

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

Avocado tuna salad stuffed pepper

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



For single meal:

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)

For all 2 meals:

canned tuna, drained
2 can (344g)
avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
bell pepper
2 large (328g)
onion
1/2 small (35g)

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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