

# Meal Plan - Meal plan with over 140g 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

1659 cals ● 142g protein (34%) ● 77g fat (42%) ● 79g carbs (19%) ● 21g fiber (5%)

### Breakfast

325 cals, 23g protein, 9g net carbs, 21g fat



**Boiled eggs**  
2 egg(s)- 139 cals



**Bacon omelet**  
140 cals



**Kiwi**  
1 kiwi- 47 cals

### Snacks

245 cals, 16g protein, 10g net carbs, 14g fat



**Carrots and hummus**  
82 cals



**String cheese**  
2 stick(s)- 165 cals

### Lunch

600 cals, 49g protein, 58g net carbs, 15g fat



**Sautéed corn & lima beans w/ shallot**  
181 cals



**Teriyaki chicken**  
4 oz- 190 cals



**Lentils**  
231 cals

### Dinner

485 cals, 54g protein, 2g net carbs, 27g fat



**Buttered broccoli**  
1 1/4 cup(s)- 167 cals



**Basic chicken breast**  
8 oz- 317 cals

## Day 2

1706 cals ● 149g protein (35%) ● 73g fat (39%) ● 94g carbs (22%) ● 19g fiber (4%)

### Breakfast

325 cals, 23g protein, 9g net carbs, 21g fat



**Boiled eggs**  
2 egg(s)- 139 cals



**Bacon omelet**  
140 cals



**Kiwi**  
1 kiwi- 47 cals

### Snacks

245 cals, 16g protein, 10g net carbs, 14g fat



**Carrots and hummus**  
82 cals



**String cheese**  
2 stick(s)- 165 cals

### Lunch

590 cals, 46g protein, 56g net carbs, 17g fat



**High-protein granola bar**  
1 bar(s)- 204 cals



**Bbq deli chicken sandwich**  
1 1/2 sandwich(es)- 387 cals

### Dinner

540 cals, 63g protein, 19g net carbs, 21g fat



**Tilapia with tomato caper sauce**  
10 oz tilapia- 487 cals



**Buttered lima beans**  
55 cals

## Day 3

1731 cal ● 151g protein (35%) ● 57g fat (30%) ● 133g carbs (31%) ● 21g fiber (5%)

### Breakfast

300 cal, 21g protein, 22g net carbs, 12g fat



**Cottage cheese & fruit cup**  
1 container- 131 cal



**Egg in an eggplant**  
120 cal



**Kiwi**  
1 kiwi- 47 cal

### Snacks

245 cal, 16g protein, 10g net carbs, 14g fat



**Carrots and hummus**  
82 cal



**String cheese**  
2 stick(s)- 165 cal

### Lunch

555 cal, 66g protein, 33g net carbs, 14g fat



**Pork-broccoli-sweet potato bowl**  
554 cal

### Dinner

630 cal, 48g protein, 69g net carbs, 17g fat



**Leek & ground beef pasta**  
632 cal

## Day 4

1751 cal ● 148g protein (34%) ● 61g fat (32%) ● 132g carbs (30%) ● 20g fiber (5%)

### Breakfast

300 cal, 21g protein, 22g net carbs, 12g fat



**Cottage cheese & fruit cup**  
1 container- 131 cal



**Egg in an eggplant**  
120 cal



**Kiwi**  
1 kiwi- 47 cal

### Snacks

265 cal, 13g protein, 9g net carbs, 19g fat



**Skillet cauliflower tots**  
267 cal

### Lunch

555 cal, 66g protein, 33g net carbs, 14g fat



**Pork-broccoli-sweet potato bowl**  
554 cal

### Dinner

630 cal, 48g protein, 69g net carbs, 17g fat



**Leek & ground beef pasta**  
632 cal

## Day 5

1720 cal ● 149g protein (35%) ● 86g fat (45%) ● 70g carbs (16%) ● 18g fiber (4%)

### Breakfast

325 cal, 24g protein, 7g net carbs, 22g fat



**Basic scrambled eggs**  
4 egg(s)- 285 cal



**Cherry tomatoes**  
12 cherry tomatoes- 42 cal

### Snacks

265 cal, 13g protein, 9g net carbs, 19g fat



**Skillet cauliflower tots**  
267 cal

### Lunch

585 cal, 51g protein, 35g net carbs, 23g fat



**Spiced chicken tabbouleh bowl**  
362 cal



**Roasted almonds**  
1/4 cup(s)- 222 cal

### Dinner

545 cal, 61g protein, 19g net carbs, 23g fat



**Chicken marsala**  
8 oz chicken- 466 cal



**Lima beans**  
77 cal

## Day 6

1698 cal ● 146g protein (34%) ● 79g fat (42%) ● 85g carbs (20%) ● 17g fiber (4%)

### Breakfast

325 cal, 24g protein, 7g net carbs, 22g fat



**Basic scrambled eggs**  
4 egg(s)- 285 cal



**Cherry tomatoes**  
12 cherry tomatoes- 42 cal

### Snacks

245 cal, 10g protein, 24g net carbs, 11g fat



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



**Milk**  
1/2 cup(s)- 75 cal

### Lunch

585 cal, 51g protein, 35g net carbs, 23g fat



**Spiced chicken tabbouleh bowl**  
362 cal



**Roasted almonds**  
1/4 cup(s)- 222 cal

### Dinner

545 cal, 61g protein, 19g net carbs, 23g fat



**Chicken marsala**  
8 oz chicken- 466 cal



**Lima beans**  
77 cal

# Day 7

1636 cal ● 158g protein (39%) ● 82g fat (45%) ● 50g carbs (12%) ● 18g fiber (4%)

## Breakfast

325 cal, 24g protein, 7g net carbs, 22g fat



**Basic scrambled eggs**  
4 egg(s)- 285 cal



**Cherry tomatoes**  
12 cherry tomatoes- 42 cal

## Snacks

245 cal, 10g protein, 24g net carbs, 11g fat



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



**Milk**  
1/2 cup(s)- 75 cal

## Lunch

555 cal, 50g protein, 8g net carbs, 32g fat



**Garlic collard greens**  
159 cal



**Caprese chicken**  
5 1/3 oz- 398 cal

## Dinner

505 cal, 73g protein, 12g net carbs, 17g fat



**Cajun cod**  
14 oz- 436 cal



**Tomato cucumber salad**  
71 cal

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## Dairy and Egg Products

- eggs  
24 1/4 medium (1068g)
- butter  
1/3 stick (34g)
- string cheese  
6 stick (168g)
- whole milk  
1 1/2 cup (360mL)
- fresh mozzarella cheese  
1 1/3 oz (38g)

## Fats and Oils

- olive oil  
1 oz (29mL)
- oil  
1/4 lbs (135mL)
- salad dressing  
1 tbsp (14mL)

## Pork Products

- bacon  
2 slice(s) (20g)
- pork tenderloin, raw  
1 1/4 lbs (567g)

## Fruits and Fruit Juices

- kiwi  
4 fruit (276g)
- lemon juice  
1 1/4 tbsp (19mL)

## Vegetables and Vegetable Products

- frozen corn kernels  
6 tbsp (51g)
- lima beans, frozen  
5/6 package (10 oz) (238g)
- shallots  
1/2 shallot (59g)
- frozen broccoli  
3/4 lbs (350g)
- baby carrots  
24 medium (240g)
- garlic  
7 clove(s) (21g)
- tomatoes  
7 1/2 medium whole (2-3/5" dia) (930g)

## Other

- teriyaki sauce  
2 tbsp (31mL)
- coleslaw mix  
1/2 cup (45g)
- cottage cheese & fruit cup  
2 container (340g)
- italian seasoning  
1/3 tsp (1g)

## Poultry Products

- boneless skinless chicken breast, raw  
3 lbs (1269g)

## Beverages

- water  
1 1/3 cup(s) (315mL)

## Legumes and Legume Products

- lentils, raw  
1/3 cup (64g)
- hummus  
6 tbsp (90g)

## Soups, Sauces, and Gravies

- vegetable broth  
2 1/2 cup(s) (mL)
- barbecue sauce  
3 tbsp (51g)
- hot sauce  
1 1/4 tbsp (19mL)
- pesto sauce  
4 tsp (21g)

## Finfish and Shellfish Products

- tilapia, raw  
10 oz (284g)
- cod, raw  
14 oz (397g)

## Snacks

- high-protein granola bar  
1 bar (40g)

## Sausages and Luncheon Meats

- leeks  
1 leek (89g)
- sweet potatoes  
1 2/3 sweetpotato, 5" long (350g)
- eggplant  
2 1 inch (2.5 cm) slice(s) (120g)
- cauliflower  
2 1/2 cup(s), riced (320g)
- cucumber  
1/2 cucumber (8-1/4") (151g)
- fresh parsley  
2 sprigs (2g)
- mushrooms  
1/2 lbs (227g)
- red onion  
1/4 small (18g)
- collard greens  
1/2 lbs (227g)

### Spices and Herbs

- salt  
1/4 oz (7g)
- black pepper  
1/8 oz (2g)
- capers  
1/2 tbsp, drained (4g)
- paprika  
1/2 tsp (1g)
- ground cumin  
4 dash (1g)
- balsamic vinegar  
1 tbsp (15mL)
- cajun seasoning  
1 1/2 tbsp (10g)
- fresh basil  
4 tsp, chopped (4g)

- chicken cold cuts  
6 oz (170g)

### Baked Products

- bread  
5 oz (144g)

### Cereal Grains and Pasta

- uncooked dry pasta  
6 oz (171g)
- instant couscous, flavored  
1/2 box (5.8 oz) (82g)

### Beef Products

- ground beef (93% lean)  
3/4 lbs (339g)

### Nut and Seed Products

- almonds  
1/2 cup, whole (72g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)

For all 2 meals:

**eggs**  
4 large (200g)

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.

### Bacon omelet

140 cal ● 10g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)  
**olive oil**  
1/2 tsp (3mL)  
**bacon, cooked and chopped**  
1 slice(s) (10g)

For all 2 meals:

**eggs**  
2 large (100g)  
**olive oil**  
1 tsp (5mL)  
**bacon, cooked and chopped**  
2 slice(s) (20g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. After a couple minutes add the chopped bacon to one half of the omelet.
7. Continue cooking until no raw egg remains, then fold omelet in half and slide onto a plate.

### Kiwi

1 kiwi - 47 cal ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

**kiwi**  
1 fruit (69g)

For all 2 meals:

**kiwi**  
2 fruit (138g)

1. Slice the kiwi and serve.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Cottage cheese & fruit cup

1 container - 131 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
1 container (170g)

For all 2 meals:

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

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



1 kiwi - 47 cal ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

**kiwi**  
1 fruit (69g)

For all 2 meals:

**kiwi**  
2 fruit (138g)

1. Slice the kiwi and serve.

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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Basic scrambled eggs

4 egg(s) - 285 cal ● 22g protein ● 21g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**eggs**  
4 medium (176g)

For all 3 meals:

**oil**  
1 tbsp (15mL)  
**eggs**  
12 medium (528g)

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.

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### Cherry tomatoes

12 cherry tomatoes - 42 cal ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

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

For all 3 meals:

**tomatoes**  
36 cherry tomatoes (612g)

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

Eat on day 1

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### Sauteed corn & lima beans w/ shallot

181 cals ● 6g protein ● 7g fat ● 19g carbs ● 5g fiber



**olive oil**  
1/2 tbsp (8mL)  
**frozen corn kernels**  
6 tbsp (51g)  
**lima beans, frozen**  
6 tbsp (60g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**shallots**  
1/4 tbsp chopped (3g)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

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### Teriyaki chicken

4 oz - 190 cals ● 27g protein ● 6g fat ● 6g carbs ● 0g fiber



Makes 4 oz

**oil**  
1/4 tbsp (4mL)  
**teriyaki sauce**  
2 tbsp (30mL)  
**boneless skinless chicken breast, raw, cubed**  
4 oz (112g)

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.

### Lentils

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



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

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
  2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.
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## Lunch 2 [↗](#)

Eat on day 2

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### High-protein granola bar

1 bar(s) - 204 cal ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



Makes 1 bar(s)

#### high-protein granola bar

1 bar (40g)

1. This recipe has no instructions.

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### Bbq deli chicken sandwich

1 1/2 sandwich(es) - 387 cal ● 36g protein ● 5g fat ● 44g carbs ● 4g fiber



Makes 1 1/2 sandwich(es)

#### coleslaw mix

1/2 cup (45g)

#### barbecue sauce

3 tbsp (51g)

#### chicken cold cuts

6 oz (170g)

#### bread

1 1/2 slice(s) (48g)

1. Create sandwich by spreading barbecue sauce over the half the bread and fill with chicken and coleslaw. Top with remaining bread. Serve.
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## Lunch 3 [↗](#)

Eat on day 3, day 4

### Pork-broccoli-sweet potato bowl

554 cal ● 66g protein ● 14g fat ● 33g carbs ● 9g fiber



For single meal:

**paprika**  
1/4 tsp (0g)  
**sweet potatoes, cut into bite-sized cubes**  
5/6 sweetpotato, 5" long (175g)  
**frozen broccoli**  
3/8 package (118g)  
**salt**  
1/4 tsp (1g)  
**black pepper**  
1/4 tsp, ground (0g)  
**pork tenderloin, raw, cut into bite-sized cubes**  
10 oz (284g)  
**olive oil**  
1/2 tbsp (8mL)

For all 2 meals:

**paprika**  
1/2 tsp (1g)  
**sweet potatoes, cut into bite-sized cubes**  
1 2/3 sweetpotato, 5" long (350g)  
**frozen broccoli**  
5/6 package (237g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**pork tenderloin, raw, cut into bite-sized cubes**  
1 1/4 lbs (567g)  
**olive oil**  
1 tbsp (17mL)

1. Preheat oven to 400 F (200 C)
  2. In a small bowl add the salt, pepper, paprika, and half of the olive oil. Mix until blended.
  3. Take the mixture and coat the sweet potatoes.
  4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
  5. Meanwhile, take the remaining olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring frequently. Set aside.
  6. Prepare the broccoli according to the instructions on its packaging.
  7. Once all items are prepared, bring the pork, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.
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## Lunch 4 [↗](#)

Eat on day 5, day 6

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### 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.

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### Roasted almonds

1/4 cup(s) - 222 cal ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

**almonds**  
4 tbsp, whole (36g)

For all 2 meals:

**almonds**  
1/2 cup, whole (72g)

1. This recipe has no instructions.
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## Lunch 5 [↗](#)

Eat on day 7

### Garlic collard greens

159 cal ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



#### 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.

### Caprese chicken

5 1/3 oz - 398 cal ● 43g protein ● 23g fat ● 3g carbs ● 1g fiber



Makes 5 1/3 oz

#### italian seasoning

1/3 tsp (1g)

#### pesto sauce

4 tsp (21g)

#### oil

1/4 tbsp (3mL)

#### tomatoes, quartered

2 cherry tomatoes (34g)

#### fresh basil

4 tsp, chopped (4g)

#### fresh mozzarella cheese, sliced

1 1/3 oz (38g)

#### boneless skinless chicken breast, raw

1/3 lbs (149g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

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## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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### Carrots and hummus

82 cals ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

**hummus**  
2 tbsp (30g)  
**baby carrots**  
8 medium (80g)

For all 3 meals:

**hummus**  
6 tbsp (90g)  
**baby carrots**  
24 medium (240g)

1. Serve carrots with hummus.
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### String cheese

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



For single meal:

**string cheese**  
2 stick (56g)

For all 3 meals:

**string cheese**  
6 stick (168g)

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

Eat on day 4, day 5

### Skillet cauliflower tots

267 cals ● 13g protein ● 19g fat ● 9g carbs ● 3g fiber



For single meal:

**hot sauce**

2 tsp (9mL)

**oil**

2 1/2 tsp (13mL)

**garlic, diced**

1 1/4 tsp (4g)

**eggs**

1 1/4 extra large (70g)

**cauliflower**

1 1/4 cup(s), riced (160g)

For all 2 meals:

**hot sauce**

1 1/4 tbsp (19mL)

**oil**

5 tsp (25mL)

**garlic, diced**

2 1/2 tsp (7g)

**eggs**

2 1/2 extra large (140g)

**cauliflower**

2 1/2 cup(s), riced (320g)

1. In a skillet, heat some of the oil and cook the garlic until soft and fragrant.
2. Meanwhile, in a bowl, combine the riced cauliflower, the egg, and some salt and pepper to taste. Once the garlic is done, add it to the bowl and mix well.
3. Add the remaining oil to the skillet. Using your hands, mold the cauliflower mixture into nugget-size shapes. The mixture may not stick together well at this point, but once it starts cooking it will solidify more.
4. Place the nuggets into the oil and cook for a couple minutes until golden. Flip and cook another couple minutes.
5. Serve with some hot sauce.
6. To store: keep in airtight container in fridge for a day or two. Reheat gently in microwave before serving.

## Snacks 3 [↗](#)

Eat on day 6, day 7

### 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.

### Milk

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





For single meal:

**whole milk**  
1/2 cup (120mL)

For all 2 meals:

**whole milk**  
1 cup (240mL)

1. This recipe has no instructions.

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## Dinner 1 [↗](#)

Eat on day 1

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### Buttered broccoli

1 1/4 cup(s) - 167 cal ● 4g protein ● 14g fat ● 2g carbs ● 3g fiber



Makes 1 1/4 cup(s)

**black pepper**

5/8 dash (0g)

**salt**

5/8 dash (0g)

**frozen broccoli**

1 1/4 cup (114g)

**butter**

1 1/4 tbsp (18g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

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### Basic chicken breast

8 oz - 317 cal ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



Makes 8 oz

**oil**

1/2 tbsp (8mL)

**boneless skinless chicken breast,  
raw**

1/2 lbs (224g)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
  2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
  3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
  4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
  5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.
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## Dinner 2 [↗](#)

Eat on day 2

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### Tilapia with tomato caper sauce

10 oz tilapia - 487 cal ● 60g protein ● 19g fat ● 14g carbs ● 4g fiber



Makes 10 oz tilapia

**oil**

1 tbsp (15mL)

**vegetable broth**

1/8 cup(s) (mL)

**garlic, minced**

1 clove(s) (3g)

**shallots, finely chopped**

1/2 shallot (57g)

**capers**

1/2 tbsp, drained (4g)

**tomatoes, chopped**

1 large whole (3" dia) (182g)

**tilapia, raw**

10 oz (284g)

1. Sauce: Add half of the oil (reserving the rest for later), garlic and shallot to a skillet over medium heat. Sautee for about 5 minutes. Stir in tomatoes and cook for another 3-5 minutes. Add in broth and simmer for about 5 minutes until it has reduced. Add capers, cook for 1 more minute and turn off heat.
2. Fish: Line a baking sheet with foil and preheat your oven's broiler. Prep the fish by rubbing all sides with the remaining oil, and a pinch of salt/pepper. Place the fish on the baking sheet and bake in the broiler on the lowest rack for 6-8 minutes. Check fish every few minutes to make sure it doesn't overcook or get scorched. Tilapia will be done when flesh is opaque and flakes with a fork.
3. When both elements are done, pour the tomato caper sauce on top of the tilapia and serve.

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### Buttered lima beans

55 cal ● 2g protein ● 2g fat ● 5g carbs ● 2g fiber



**lima beans, frozen**

1/8 package (10 oz) (36g)

**salt**

1/2 dash (0g)

**butter**

4 dash (2g)

**black pepper**

1/4 dash, ground (0g)

1. Cook lima beans according to package.
  2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
  3. Serve.
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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Leek & ground beef pasta

632 cal ● 48g protein ● 17g fat ● 69g carbs ● 4g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**vegetable broth**  
1 cup(s) (mL)  
**uncooked dry pasta**  
3 oz (86g)  
**ground beef (93% lean)**  
6 oz (170g)  
**leeks, chopped**  
1/2 leek (45g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**vegetable broth**  
2 cup(s) (mL)  
**uncooked dry pasta**  
6 oz (171g)  
**ground beef (93% lean)**  
3/4 lbs (339g)  
**leeks, chopped**  
1 leek (89g)

1. Heat oil in a large skillet over medium heat. Add the beef and break apart, cooking for about 5 minutes or until browned.
  2. Add in the leeks and cook for 3 minutes until leeks have slightly softened.
  3. Add in broth and pasta. Bring to a simmer and cook for 10-12 minutes or until pasta is cooked to your liking. Stir occasionally to ensure pasta gets evenly cooked.
  4. Season with a hefty pinch of salt and black pepper and serve.
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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Chicken marsala

8 oz chicken - 466 cal ● 56g protein ● 22g fat ● 9g carbs ● 1g fiber



For single meal:

**oil, divided**  
1 tbsp (15mL)  
**balsamic vinegar**  
1/2 tbsp (8mL)  
**lemon juice**  
1/2 tbsp (8mL)  
**whole milk**  
4 tbsp (60mL)  
**vegetable broth**  
1/4 cup(s) (mL)  
**garlic, diced**  
1 clove(s) (3g)  
**mushrooms, sliced**  
4 oz (113g)  
**boneless skinless chicken breast, raw**  
1/2 lbs (224g)

For all 2 meals:

**oil, divided**  
2 tbsp (30mL)  
**balsamic vinegar**  
1 tbsp (15mL)  
**lemon juice**  
1 tbsp (15mL)  
**whole milk**  
1/2 cup (120mL)  
**vegetable broth**  
1/2 cup(s) (mL)  
**garlic, diced**  
2 clove(s) (6g)  
**mushrooms, sliced**  
1/2 lbs (227g)  
**boneless skinless chicken breast, raw**  
1 lbs (448g)

1. Heat half of the oil in a large skillet over medium heat. Sear chicken, about 3-4 minutes on each side. Remove chicken from skillet and set aside.
  2. Add in the rest of the oil, garlic and mushrooms. Season with salt/pepper to taste. Cook for about 5 minutes until mushrooms have softened.
  3. Add the broth, milk, balsamic vinegar, and lemon juice. Reduce heat, add chicken back into the skillet, and simmer for 8-10 minutes until sauce has thickened and chicken is fully cooked. Serve.
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### Lima beans

77 cal ● 5g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:

**lima beans, frozen**  
1/4 package (10 oz) (71g)  
**salt**  
1 dash (1g)  
**black pepper**  
1/2 dash, ground (0g)

For all 2 meals:

**lima beans, frozen**  
1/2 package (10 oz) (142g)  
**salt**  
2 dash (2g)  
**black pepper**  
1 dash, ground (0g)

1. Cook lima beans according to package.
  2. Season to taste with salt and pepper.
  3. Serve.
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## Dinner 5 [↗](#)

Eat on day 7

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### Cajun cod

14 oz - 436 cal ● 72g protein ● 14g fat ● 5g carbs ● 1g fiber



Makes 14 oz

**cod, raw**

14 oz (397g)

**cajun seasoning**

1 1/2 tbsp (10g)

**oil**

3/4 tbsp (12mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

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### Tomato cucumber salad

71 cal ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



**tomatoes, thinly sliced**

1/2 medium whole (2-3/5" dia) (62g)

**cucumber, thinly sliced**

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

**red onion, thinly sliced**

1/4 small (18g)

**salad dressing**

1 tbsp (15mL)

1. Mix ingredients together in a bowl and serve.
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