

Meal Plan - Meal plan with over 150g 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

1857 cal ● 169g protein (36%) ● 78g fat (38%) ● 98g carbs (21%) ● 22g fiber (5%)

Breakfast

295 cal, 31g protein, 12g net carbs, 13g fat



[Paleo beef & egg bowl](#)
236 cal



[Grapefruit](#)
1/2 grapefruit- 59 cal

Snacks

285 cal, 11g protein, 12g net carbs, 18g fat



[Sunflower seeds](#)
226 cal



[Grapes](#)
58 cal

Lunch

580 cal, 56g protein, 9g net carbs, 33g fat



[Ranch chicken](#)
8 oz- 461 cal



[Garlic collard greens](#)
119 cal

Dinner

700 cal, 70g protein, 65g net carbs, 14g fat



[Peach](#)
2 peach(es)- 132 cal



[Cottage cheese & fruit cup](#)
1 container- 107 cal



[Grilled chicken sandwich](#)
1 sandwich(es)- 460 cal

Day 2

1796 cal ● 153g protein (34%) ● 73g fat (37%) ● 101g carbs (22%) ● 31g fiber (7%)

Breakfast

295 cal, 31g protein, 12g net carbs, 13g fat



[Paleo beef & egg bowl](#)
236 cal



[Grapefruit](#)
1/2 grapefruit- 59 cal

Snacks

285 cal, 11g protein, 12g net carbs, 18g fat



[Sunflower seeds](#)
226 cal



[Grapes](#)
58 cal

Lunch

670 cal, 66g protein, 35g net carbs, 25g fat



[Teriyaki chicken](#)
8 oz- 380 cal



[Lentils](#)
116 cal



[Simple kale & avocado salad](#)
173 cal

Dinner

550 cal, 45g protein, 42g net carbs, 17g fat



[Chicken-broccoli-quinoa bowl](#)
293 cal



[Edamame & beet salad](#)
257 cal

Day 3

1742 cal ● 156g protein (36%) ● 62g fat (32%) ● 110g carbs (25%) ● 30g fiber (7%)

Breakfast

295 cal, 31g protein, 12g net carbs, 13g fat



Paleo beef & egg bowl
236 cal



Grapefruit
1/2 grapefruit- 59 cal

Snacks

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



Carrots and hummus
123 cal



Cottage cheese & fruit cup
1 container- 107 cal

Lunch

670 cal, 66g protein, 35g net carbs, 25g fat



Teriyaki chicken
8 oz- 380 cal



Lentils
116 cal



Simple kale & avocado salad
173 cal

Dinner

550 cal, 45g protein, 42g net carbs, 17g fat



Chicken-broccoli-quinoa bowl
293 cal



Edamame & beet salad
257 cal

Day 4

1813 cal ● 154g protein (34%) ● 73g fat (36%) ● 112g carbs (25%) ● 23g fiber (5%)

Breakfast

345 cal, 27g protein, 13g net carbs, 19g fat



Boiled eggs
4 egg(s)- 277 cal



Peach
1 peach(es)- 66 cal

Snacks

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



Carrots and hummus
123 cal



Cottage cheese & fruit cup
1 container- 107 cal

Lunch

580 cal, 51g protein, 45g net carbs, 19g fat



Chicken-broccoli-rice bowl
419 cal



Simple mozzarella and tomato salad
161 cal

Dinner

660 cal, 62g protein, 33g net carbs, 28g fat



Pork and vegetable stir fry
660 cal

Day 5

1854 cals ● 172g protein (37%) ● 58g fat (28%) ● 143g carbs (31%) ● 19g fiber (4%)

Breakfast

345 cals, 27g protein, 13g net carbs, 19g fat



Boiled eggs
4 egg(s)- 277 cals



Peach
1 peach(es)- 66 cals

Snacks

190 cals, 17g protein, 18g net carbs, 4g fat



Protein shake (milk)
129 cals



Grapefruit
1/2 grapefruit- 59 cals

Lunch

670 cals, 68g protein, 36g net carbs, 25g fat



Buttered lima beans
110 cals



Bbq glazed meatloaf
2 meatloaves- 559 cals

Dinner

655 cals, 61g protein, 75g net carbs, 9g fat



Shrimp and vegetable stir fry
395 cals



Brown rice
258 cals

Day 6

1787 cals ● 187g protein (42%) ● 74g fat (37%) ● 75g carbs (17%) ● 19g fiber (4%)

Breakfast

335 cals, 23g protein, 12g net carbs, 20g fat



Chicken sausage & egg white breakfast bowl
234 cals



Milk
2/3 cup(s)- 99 cals

Snacks

190 cals, 17g protein, 18g net carbs, 4g fat



Protein shake (milk)
129 cals



Grapefruit
1/2 grapefruit- 59 cals

Lunch

670 cals, 68g protein, 36g net carbs, 25g fat



Buttered lima beans
110 cals



Bbq glazed meatloaf
2 meatloaves- 559 cals

Dinner

595 cals, 79g protein, 9g net carbs, 24g fat



Marinated chicken breast
12 oz- 424 cals



Simple kale & avocado salad
173 cals

Day 7

1802 cals ● 179g protein (40%) ● 66g fat (33%) ● 103g carbs (23%) ● 19g fiber (4%)

Breakfast

335 cals, 23g protein, 12g net carbs, 20g fat



Chicken sausage & egg white breakfast bowl
234 cals



Milk
2/3 cup(s)- 99 cals

Snacks

190 cals, 17g protein, 18g net carbs, 4g fat



Protein shake (milk)
129 cals



Grapefruit
1/2 grapefruit- 59 cals

Lunch

685 cals, 60g protein, 65g net carbs, 18g fat



Brown rice
286 cals



One pan roasted chicken & veggies
398 cals

Dinner

595 cals, 79g protein, 9g net carbs, 24g fat



Marinated chicken breast
12 oz- 424 cals



Simple kale & avocado salad
173 cals

Beef Products

- ground beef (93% lean)
2 lbs (908g)

Dairy and Egg Products

- eggs
11 large (550g)
- fresh mozzarella cheese
1 1/3 oz (38g)
- whole milk
3 cup (679mL)
- butter
2 tsp (9g)
- egg whites
1/2 cup (122g)

Fruits and Fruit Juices

- Grapefruit
3 large (approx 4-1/2" dia) (996g)
- peach
4 medium (2-2/3" dia) (600g)
- grapes
2 cup (184g)
- lemon
1 1/2 small (87g)
- avocados
2 avocado(s) (402g)

Other

- ranch dressing mix
1/4 packet (1 oz) (7g)
- cottage cheese & fruit cup
3 container (399g)
- mixed greens
3 1/4 cup (98g)
- flavored quinoa mix
1/2 package (4.9 oz) (69g)
- teriyaki sauce
1/2 cup (120mL)
- stir-fry sauce
1/2 cup (119g)
- chicken breakfast sausage
4 link(s) (120g)

Fats and Oils

- oil
2 oz (56mL)

Spices and Herbs

- salt
2 tsp (12g)
- dijon mustard
1/2 tbsp (8g)
- black pepper
2 tsp, ground (5g)
- fresh basil
2 tsp, chopped (2g)
- garlic powder
4 dash (2g)
- chipotle seasoning
4 dash (1g)
- oregano, dried
4 dash, ground (1g)

Baked Products

- kaiser rolls
1 roll (3-1/2" dia) (57g)
- bread
2 slice (64g)

Nut and Seed Products

- sunflower kernels
2 1/2 oz (71g)

Beverages

- water
3 cup (768mL)
- protein powder
1 1/2 scoop (1/3 cup ea) (47g)

Legumes and Legume Products

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

Meals, Entrees, and Side Dishes

- flavored rice mix
1/3 pouch (~5.6 oz) (53g)

Pork Products

- boneless pork loin
1/2 lbs (255g)

- ranch dressing
2 tbsp (30mL)
- olive oil
1/2 tbsp (8mL)
- balsamic vinaigrette
2 oz (55mL)
- marinade sauce
3/4 cup (180mL)

Poultry Products

- boneless skinless chicken breast, raw
5 lbs (2171g)

Vegetables and Vegetable Products

- collard greens
6 oz (170g)
 - garlic
1 clove(s) (3g)
 - tomatoes
1 1/2 medium whole (2-3/5" dia) (198g)
 - frozen broccoli
1 1/4 package (343g)
 - beets, precooked (canned or refrigerated)
6 beets (2" dia, sphere) (300g)
 - edamame, frozen, shelled
1 1/2 cup (177g)
 - kale leaves
1 1/2 bunch (255g)
 - baby carrots
24 medium (240g)
 - frozen mixed veggies
3/4 10oz package (213g)
 - lima beans, frozen
1/2 package (10 oz) (142g)
 - carrots
1 medium (69g)
 - red bell pepper
1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (40g)
 - onion
1/6 medium (2-1/2" dia) (18g)
 - zucchini
1/3 medium (65g)
 - broccoli
1/3 cup chopped (30g)
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Soups, Sauces, and Gravies

- barbecue sauce
4 tbsp (68g)

Finfish and Shellfish Products

- shrimp, raw
1/2 lbs (255g)

Cereal Grains and Pasta

- brown rice
3/4 cup (150g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Paleo beef & egg bowl

236 cal ● 30g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

ground beef (93% lean)

4 oz (114g)

eggs

1 large (50g)

For all 3 meals:

ground beef (93% lean)

3/4 lbs (341g)

eggs

3 large (150g)

1. Heat a non-stick skillet over medium heat. Add the ground beef and break apart. Season with some salt and pepper. Cook, stirring occasionally, until beef is fully cooked and no longer pink. Transfer beef to a plate and set aside.
2. Crack the egg into the skillet and cook until the whites are firm.
3. Add beef to a bowl and top the egg. Season with more salt/pepper and serve.

Grapefruit

1/2 grapefruit - 59 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit

1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:

Grapefruit

1 1/2 large (approx 4-1/2" dia)
(498g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Breakfast 2 [↗](#)

Eat on day 4, day 5

Boiled eggs

4 egg(s) - 277 cal ● 25g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
4 large (200g)

For all 2 meals:

eggs
8 large (400g)

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.

Peach

1 peach(es) - 66 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach
1 medium (2-2/3" dia) (150g)

For all 2 meals:

peach
2 medium (2-2/3" dia) (300g)

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

Eat on day 6, day 7

Chicken sausage & egg white breakfast bowl

234 cal ● 18g protein ● 15g fat ● 4g carbs ● 4g fiber



For single meal:

oil
1/2 tsp (3mL)
avocados, chopped
1/4 avocado(s) (50g)
tomatoes, halved
2 tbsp cherry tomatoes (19g)
egg whites
4 tbsp (61g)
chicken breakfast sausage
2 link(s) (60g)

For all 2 meals:

oil
1 tsp (5mL)
avocados, chopped
1/2 avocado(s) (101g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
egg whites
1/2 cup (122g)
chicken breakfast sausage
4 link(s) (120g)

1. Cook chicken sausage according to package instructions. Slice into bite-sized pieces and set aside.
2. Add oil to a skillet over low heat. Pour in egg whites and scramble until they turn opaque and firm.
3. Transfer egg whites to a bowl and add the chicken sausage, tomatoes, and avocado. Season with a pinch of salt/pepper and serve.

Milk

2/3 cup(s) - 99 cal ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

whole milk
2/3 cup (160mL)

For all 2 meals:

whole milk
1 1/3 cup (320mL)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Ranch chicken

8 oz - 461 cal ● 51g protein ● 26g fat ● 5g carbs ● 0g fiber



Makes 8 oz

ranch dressing mix

1/4 packet (1 oz) (7g)

oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

1/2 lbs (224g)

ranch dressing

2 tbsp (30mL)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.

Garlic collard greens

119 cal ● 5g protein ● 6g fat ● 3g carbs ● 7g fiber



collard greens

6 oz (170g)

oil

1 tsp (6mL)

garlic, minced

1 clove(s) (3g)

salt

3/4 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.
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Lunch 2 [↗](#)

Eat on day 2, day 3

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.

Lentils

116 cal ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

salt
1/3 dash (0g)
water
2/3 cup(s) (158mL)
lentils, raw, rinsed
2 2/3 tbsp (32g)

For all 2 meals:

salt
2/3 dash (1g)
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.

Simple kale & avocado salad

173 cal ● 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.

Lunch 3 [↗](#)

Eat on day 4

Chicken-broccoli-rice bowl

419 cal ● 42g protein ● 8g fat ● 41g carbs ● 5g fiber



boneless skinless chicken breast, raw

1/3 lbs (149g)

frozen broccoli

1/3 package (95g)

flavored rice mix

1/3 pouch (~5.6 oz) (53g)

salt

1 1/3 dash (1g)

black pepper

1 1/3 dash, ground (0g)

olive oil

1/4 tbsp (3mL)

1. Cut the chicken breast into small cubes (0.5 - 1 inches) and sautee in olive oil over medium heat until cooked through. Season with salt and pepper (or any other seasonings) to taste.
2. Meanwhile, prepare the rice mix and broccoli according to the instructions on the packages.
3. When everything is ready mix it all together and serve.

Simple mozzarella and tomato salad

161 cal ● 9g protein ● 11g fat ● 4g carbs ● 1g fiber



tomatoes, sliced

1/2 large whole (3" dia) (91g)

fresh mozzarella cheese, sliced

1 1/3 oz (38g)

balsamic vinaigrette

2 tsp (10mL)

fresh basil

2 tsp, chopped (2g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
 2. Sprinkle the basil over the slices and drizzle with dressing.
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Lunch 4 [↗](#)

Eat on day 5, day 6

Buttered lima beans

110 cal ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber



For single meal:

lima beans, frozen
1/4 package (10 oz) (71g)
salt
1 dash (1g)
butter
1 tsp (5g)
black pepper
1/2 dash, ground (0g)

For all 2 meals:

lima beans, frozen
1/2 package (10 oz) (142g)
salt
2 dash (2g)
butter
2 tsp (9g)
black pepper
1 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.

Bbq glazed meatloaf

2 meatloaves - 559 cal ● 64g protein ● 21g fat ● 26g carbs ● 2g fiber



For single meal:

garlic powder
2 dash (1g)
water
2 tbsp (30mL)
barbecue sauce
2 tbsp (34g)
chipotle seasoning
2 dash (1g)
bread
1 slice (32g)
ground beef (93% lean)
10 oz (284g)

For all 2 meals:

garlic powder
4 dash (2g)
water
4 tbsp (60mL)
barbecue sauce
4 tbsp (68g)
chipotle seasoning
4 dash (1g)
bread
2 slice (64g)
ground beef (93% lean)
1 1/4 lbs (567g)

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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Lunch 5 [↗](#)

Eat on day 7

Brown rice

286 cal ● 6g protein ● 2g fat ● 58g carbs ● 3g fiber



brown rice

6 2/3 tbsp (79g)

salt

1/3 tsp (2g)

water

5/6 cup(s) (198mL)

black pepper

1/3 tsp, ground (1g)

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, fluff with a fork, and season with salt and pepper.

One pan roasted chicken & veggies

398 cal ● 54g protein ● 16g fat ● 7g carbs ● 3g fiber



boneless skinless chicken breast, raw

1/2 lbs (227g)

oregano, dried

4 dash, ground (1g)

red bell pepper, deseeded and sliced

1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (40g)

tomatoes

2 2/3 tbsp cherry tomatoes (25g)

oil

2 tsp (10mL)

onion, sliced

1/6 medium (2-1/2" dia) (18g)

zucchini, sliced

1/3 medium (65g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

broccoli

1/3 cup chopped (30g)

1. Preheat oven to 500°F (260°C).
 2. Chop all veggies into large pieces. Chop chicken into small cubes.
 3. In a roasting dish or on a sheet pan, add the veggies, raw chicken, oil and seasonings. Toss to combine.
 4. Bake for about 15-20 minutes until chicken is cooked and veggies are lightly charred.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Sunflower seeds

226 cal ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels

1 1/4 oz (35g)

For all 2 meals:

sunflower kernels

2 1/2 oz (71g)

1. This recipe has no instructions.

Grapes

58 cal ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

grapes

1 cup (92g)

For all 2 meals:

grapes

2 cup (184g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

Carrots and hummus

123 cal ● 4g protein ● 5g fat ● 10g carbs ● 6g fiber



For single meal:

hummus

3 tbsp (45g)

baby carrots

12 medium (120g)

For all 2 meals:

hummus

6 tbsp (90g)

baby carrots

24 medium (240g)

1. Serve carrots with hummus.

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.

Snacks 3 [↗](#)

Eat on day 5, 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 3 meals:

whole milk
1 1/2 cup (360mL)
protein powder
1 1/2 scoop (1/3 cup ea) (47g)

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

Grapefruit

1/2 grapefruit - 59 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit
1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:

Grapefruit
1 1/2 large (approx 4-1/2" dia)
(498g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
 2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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Dinner 1 [↗](#)

Eat on day 1

Peach

2 peach(es) - 132 cal ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber

Makes 2 peach(es)



peach

2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.
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Cottage cheese & fruit cup

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



Makes 1 container

cottage cheese & fruit cup

1 container (133g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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Grilled chicken sandwich

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



Makes 1 sandwich(es)

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)

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.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Chicken-broccoli-quinoa bowl

293 cal ● 31g protein ● 7g fat ● 23g carbs ● 4g fiber



For single meal:

boneless skinless chicken breast, raw, cubed

4 oz (112g)

frozen broccoli

1/4 package (71g)

flavored quinoa mix

1/4 package (4.9 oz) (35g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

olive oil

1/2 tsp (3mL)

For all 2 meals:

boneless skinless chicken breast, raw, cubed

1/2 lbs (224g)

frozen broccoli

1/2 package (142g)

flavored quinoa mix

1/2 package (4.9 oz) (69g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

olive oil

1 tsp (5mL)

1. Prepare the quinoa and broccoli according to the instructions on their packaging.
2. Meanwhile, heat a skillet with the olive oil over medium heat and season the cubed chicken with salt and pepper.
3. Add the chicken to the skillet and cook 7-10 minutes until cooked through.
4. Bring the chicken, broccoli, and quinoa together; stir (or keep it all separate- whichever you prefer!) Serve.

Edamame & beet salad

257 cal ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



For single meal:

balsamic vinaigrette

1 1/2 tbsp (23mL)

beets, precooked (canned or refrigerated), chopped

3 beets (2" dia, sphere) (150g)

edamame, frozen, shelled

3/4 cup (89g)

mixed greens

1 1/2 cup (45g)

For all 2 meals:

balsamic vinaigrette

3 tbsp (45mL)

beets, precooked (canned or refrigerated), chopped

6 beets (2" dia, sphere) (300g)

edamame, frozen, shelled

1 1/2 cup (177g)

mixed greens

3 cup (90g)

1. Cook edamame according to package instructions.
 2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.
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Dinner 3 [↗](#)

Eat on day 4

Pork and vegetable stir fry

660 cal ● 62g protein ● 28g fat ● 33g carbs ● 9g fiber



stir-fry sauce

3 tbsp (51g)

frozen mixed veggies

3/4 10oz package (213g)

oil, divided

1 tsp (6mL)

black pepper

3 dash, ground (1g)

salt

1 1/2 dash (1g)

boneless pork loin, cubed

1/2 lbs (255g)

1. Heat half of the oil in a skillet over medium-high heat. When hot, add the cubed pork and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove pork and set aside.
 2. Put remaining oil into the skillet and add the frozen vegetables. Stir fry 4-5 minutes or until crisp but warmed through.
 3. Return pork to skillet, stir.
 4. Pour in stir-fry sauce and mix until it is well distributed.
 5. Reduce heat to low and simmer until pork is fully cooked.
 6. Serve.
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Dinner 4 [↗](#)

Eat on day 5

Shrimp and vegetable stir fry

395 cal ● 55g protein ● 7g fat ● 23g carbs ● 5g fiber



carrots, sliced

1 medium (69g)

frozen broccoli

3/8 package (107g)

shrimp, raw, peeled and deveined

1/2 lbs (255g)

salt

1 1/2 dash (1g)

black pepper

3 dash, ground (1g)

oil, divided

1 tsp (6mL)

stir-fry sauce

4 tbsp (68g)

1. Heat half of the oil in a skillet over medium-high heat. When hot, add the shrimp and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove shrimp and set aside.
2. Put remaining oil into the skillet and add the frozen broccoli and sliced carrot. Stir-fry 4-5 minutes or until crisp but warmed through.
3. Return shrimp to skillet, stir.
4. Pour in stir-fry sauce and mix until it is well distributed.
5. Reduce heat to low and simmer until shrimp is fully cooked.
6. Serve.

Brown rice

258 cal ● 5g protein ● 2g fat ● 52g carbs ● 3g fiber



brown rice

6 tbsp (71g)

salt

1/4 tsp (2g)

water

3/4 cup(s) (178mL)

black pepper

1/4 tsp, ground (1g)

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, fluff with a fork, and season with salt and pepper.

Dinner 5 [↗](#)

Eat on day 6, day 7

Marinated chicken breast

12 oz - 424 cal ● 76g protein ● 13g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
3/4 lbs (336g)
marinade sauce
6 tbsp (90mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/2 lbs (672g)
marinade sauce
3/4 cup (180mL)

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.

Simple kale & avocado salad

173 cal ● 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.
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