Meal Plan - Meal plan with over 160g protein

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

Day 1

1990 cals ● 174g protein (35%) ● 68g fat (31%) ● 147g carbs (30%) ● 23g fiber (5%)

Breakfast

310 cals, 23g protein, 36g net carbs, 7g fat

Breakfast cereal with protein milk
309 cals

Lunch

765 cals, 55g protein, 55g net carbs, 31g fat

Turkey-mixed veggies-quinoa bowl
587 cals

Caprese salad
178 cals

Snacks

225 cals, 17g protein, 33g net carbs, 2g fat

Grapefruit
1/2 grapefruit- 59 cals

Beef jerky
110 cals

Applesauce
57 cals

Dinner

690 cals, 79g protein, 23g net carbs, 29g fat

Chicken shawarma bowl
10 oz chicken- 541 cals

Milk
1 cup(s)- 149 cals

Day 2

1891 cals ● 165g protein (35%) ● 66g fat (31%) ● 138g carbs (29%) ● 22g fiber (5%)

Breakfast

310 cals, 23g protein, 36g net carbs, 7g fat

Breakfast cereal with protein milk
309 cals

Lunch

665 cals, 46g protein, 46g net carbs, 29g fat

Mixed vegetables
3/4 cup(s)- 73 cals

Slow cooker carnitas
8 oz- 410 cals

Mashed sweet potatoes
183 cals

Snacks

225 cals, 17g protein, 33g net carbs, 2g fat

Grapefruit
1/2 grapefruit- 59 cals

Beef jerky
110 cals

Applesauce
57 cals

Dinner

690 cals, 79g protein, 23g net carbs, 29g fat

Chicken shawarma bowl
10 oz chicken- 541 cals

Milk
1 cup(s)- 149 cals

Day 3

1910 cals ● 177g protein (37%) ● 66g fat (31%) ● 126g carbs (26%) ● 25g fiber (5%)

Breakfast

365 cals, 37g protein, 15g net carbs, 17g fat

Cottage cheese and pineapple
186 cals

Sunflower seeds
180 cals

Lunch

570 cals, 47g protein, 24g net carbs, 29g fat

Basic ground turkey
5 1/3 oz- 250 cals

Edamame & beet salad
171 cals

Milk
1 cup(s)- 149 cals

Snacks

280 cals, 18g protein, 28g net carbs, 9g fat

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

Apple & peanut butter
1/2 apple(s)- 155 cals

Dinner

695 cals, 75g protein, 59g net carbs, 11g fat

White chicken chili soup
693 cals

Day 4

1904 cals ● 168g protein (35%) ● 61g fat (29%) ● 146g carbs (31%) ● 26g fiber (6%)

Breakfast

365 cals, 37g protein, 15g net carbs, 17g fat

Cottage cheese and pineapple
186 cals

Sunflower seeds
180 cals

Lunch

630 cals, 55g protein, 57g net carbs, 16g fat

Cottage cheese & fruit cup
1 container- 107 cals

Turkey & hummus deli sandwich
1 1/2 sandwich(es)- 524 cals

Snacks

280 cals, 18g protein, 28g net carbs, 9g fat

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

Apple & peanut butter
1/2 apple(s)- 155 cals

Dinner

625 cals, 59g protein, 46g net carbs, 19g fat

Lebanese beef pitas
1 pita(s)- 554 cals

Mixed vegetables
3/4 cup(s)- 73 cals

Day 5

1961 cals 171g protein (35%) 59g fat (27%) 159g carbs (32%) 27g fiber (6%)

Breakfast

365 cals, 37g protein, 15g net carbs, 17g fat

Cottage cheese and pineapple
186 cals

Sunflower seeds
180 cals

Lunch

675 cals, 54g protein, 66g net carbs, 18g fat

Caprese salad
142 cals

Chicken stir fry with rice
533 cals

Snacks

290 cals, 22g protein, 32g net carbs, 6g fat

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

Hummus toast
1 slice(s)- 146 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

Dinner

625 cals, 59g protein, 46g net carbs, 19g fat

Lebanese beef pitas
1 pita(s)- 554 cals

Mixed vegetables
3/4 cup(s)- 73 cals

Day 6

1905 cals 165g protein (35%) 56g fat (26%) 161g carbs (34%) 24g fiber (5%)

Breakfast

325 cals, 10g protein, 36g net carbs, 13g fat

Apple, banana, almond butter bowl
176 cals

Milk
1 cup(s)- 149 cals

Lunch

655 cals, 57g protein, 63g net carbs, 16g fat

Bbq chicken stuffed sweet potatoes
1 potato(es)- 520 cals

Simple mixed greens salad
136 cals

Snacks

290 cals, 22g protein, 32g net carbs, 6g fat

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

Hummus toast
1 slice(s)- 146 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

Dinner

635 cals, 76g protein, 30g net carbs, 21g fat

Buffalo chicken zucchini boats
4 zucchini boat(s)- 556 cals

Brown rice
1/3 cup brown rice, cooked- 76 cals

Day 7

1905 cals 165g protein (35%) 56g fat (26%) 161g carbs (34%) 24g fiber (5%)

Breakfast

325 cals, 10g protein, 36g net carbs, 13g fat

Apple, banana, almond butter bowl
176 cals

Milk
1 cup(s)- 149 cals

Snacks

290 cals, 22g protein, 32g net carbs, 6g fat

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

Hummus toast
1 slice(s)- 146 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

Lunch

655 cals, 57g protein, 63g net carbs, 16g fat

Bbq chicken stuffed sweet potatoes
1 potato(es)- 520 cals

Simple mixed greens salad
136 cals

Dinner

635 cals, 76g protein, 30g net carbs, 21g fat

Buffalo chicken zucchini boats
4 zucchini boat(s)- 556 cals

Brown rice
1/3 cup brown rice, cooked- 76 cals

Grocery List

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Dairy and Egg Products

- [ ] whole milk
  6 1/4 cup (1500mL)
- [ ] fresh mozzarella cheese
  2 1/4 oz (64g)
- [ ] feta cheese
  5 tbsp (47g)
- [ ] low fat cottage cheese (1% milkfat)
  5 1/2 cup (1243g)
- [ ] cheddar cheese
  2/3 cup, shredded (75g)
- [ ] nonfat greek yogurt, plain
  2/3 cup (187g)

Breakfast Cereals

- [ ] breakfast cereal
  2 1/2 serving (75g)

Beverages

- [ ] protein powder
  1 1/4 scoop (1/3 cup ea) (39g)
- [ ] water
  1 cup(s) (223mL)

Fats and Oils

- [ ] olive oil
  1/4 tbsp (4mL)
- [ ] balsamic vinaigrette
  2 1/2 tbsp (38mL)
- [ ] oil
  1/2 oz (18mL)
- [ ] salad dressing
  6 tbsp (90mL)

Poultry Products

- [ ] ground turkey, raw
  3/4 lbs (321g)
- [ ] boneless skinless chicken breast, raw
  4 lbs (1856g)

Spices and Herbs

- [ ] salt
  4 dash (3g)
- [ ] black pepper
  5 dash, ground (1g)

Legumes and Legume Products

- [ ] hummus
  1 cup (233g)
- [ ] canned great northern beans
  2/3 can (~15 oz) (283g)
- [ ] peanut butter
  2 tbsp (32g)

Fruits and Fruit Juices

- [ ] Grapefruit
  1 large (approx 4-1/2" dia) (332g)
- [ ] applesauce
  2 to-go container (~4 oz) (244g)
- [ ] canned pineapple
  3/4 cup, chunks (136g)
- [ ] apples
  2 medium (3" dia) (364g)
- [ ] banana
  1 medium (7" to 7-7/8" long) (118g)

Snacks

- [ ] beef jerky
  3 oz (85g)

Pork Products

- [ ] pork shoulder
  1/2 lbs (227g)

Soups, Sauces, and Gravies

- [ ] chicken broth
  2 cup(s) (mL)
- [ ] salsa verde
  2/3 cup (171g)
- [ ] barbecue sauce
  1/3 cup (95g)
- [ ] Frank's Red Hot sauce
  1/2 cup (106mL)

Nut and Seed Products

- [ ] sunflower kernels
  3 oz (85g)
- [ ] coconut flakes
  1 tbsp (5g)
- [ ] almond butter
  1 tbsp (16g)

- [ ] fresh basil
  6 tbsp leaves, whole (9g)
- [ ] garlic powder
  4 tsp (12g)
- [ ] ground cumin
  1/2 oz (13g)
- [ ] cinnamon
  1 tsp (3g)
- [ ] paprika
  1 tsp (2g)

Other

- [ ] flavored quinoa mix
  3/8 package (4.9 oz) (52g)
- [ ] mixed greens
  2 1/4 package (5.5 oz) (349g)
- [ ] cottage cheese & fruit cup
  1 container (133g)
- [ ] stir-fry sauce
  2 3/4 tbsp (45g)

Vegetables and Vegetable Products

- [ ] frozen mixed veggies
  1 1/2 lbs (616g)
- [ ] tomatoes
  5 1/2 medium whole (2-3/5" dia) (685g)
- [ ] onion
  1 medium (2-1/2" dia) (118g)
- [ ] sweet potatoes
  3 sweetpotato, 5" long (630g)
- [ ] beets, precooked (canned or refrigerated)
  2 beets (2" dia, sphere) (100g)
- [ ] edamame, frozen, shelled
  1/2 cup (59g)
- [ ] fresh parsley
  1/2 cup chopped (30g)
- [ ] zucchini
  4 medium (784g)

Sweets

- [ ] honey
  3 1/3 tbsp (70g)

Baked Products

- [ ] bread
  6 3/4 oz (192g)
- [ ] pita bread
  2 pita, large (6-1/2" dia) (128g)

Sausages and Luncheon Meats

- [ ] turkey cold cuts
  6 oz (170g)

Beef Products

- [ ] ground beef (93% lean)
  1 lbs (454g)

Cereal Grains and Pasta

- [ ] long-grain white rice
  4 tbsp (46g)
- [ ] brown rice
  1/4 cup (42g)

Recipes

Breakfast 1

Eat on day 1, day 2

Breakfast cereal with protein milk

309 cals 23g protein 7g fat 36g carbs 4g fiber

For single meal:

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

For all 2 meals:

whole milk
1 1/4 cup (300mL)
breakfast cereal
2 1/2 serving (75g)
protein powder
1 1/4 scoop (1/3 cup ea) (39g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Breakfast 2

Eat on day 3, day 4, day 5

Cottage cheese and pineapple

186 cals 28g protein 2g fat 13g carbs 1g fiber

For single meal:

low fat cottage cheese (1% milkfat)
1 cup (226g)
canned pineapple, drained
4 tbsp, chunks (45g)

For all 3 meals:

low fat cottage cheese (1% milkfat)
3 cup (678g)
canned pineapple, drained
3/4 cup, chunks (136g)

1. Drain pineapple juice, and mix pineapple chunks with cottage cheese.
2. Feel free to use most types of fruit: bananas, berries, peaches, melon, etc.

Sunflower seeds

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

For single meal:

sunflower kernels
1 oz (28g)

For all 3 meals:

sunflower kernels
3 oz (85g)

1. This recipe has no instructions.

Breakfast 3

Eat on day 6, day 7

Apple, banana, almond butter bowl

176 cals 3g protein 6g fat 24g carbs 5g fiber

For single meal:

banana, sliced
1/2 medium (7" to 7-7/8" long) (59g)
apples, chopped
1/2 medium (3" dia) (91g)
coconut flakes
1/2 tbsp (3g)
almond butter
1/2 tbsp (8g)

For all 2 meals:

banana, sliced
1 medium (7" to 7-7/8" long) (118g)
apples, chopped
1 medium (3" dia) (182g)
coconut flakes
1 tbsp (5g)
almond butter
1 tbsp (16g)

1. Put banana and apple chunks in a bowl. Mix together.
2. Top with coconut flakes and drizzle with almond butter.

Milk

1 cup(s) - 149 cals 8g protein 8g fat 12g carbs 0g fiber

For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Lunch 1

Eat on day 1

Turkey-mixed veggies-quinoa bowl

587 cals 45g protein 20g fat 48g carbs 10g fiber

olive oil
1/4 tbsp (4mL)
ground turkey, raw
6 oz (170g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)
flavored quinoa mix
3/8 package (4.9 oz) (52g)
frozen mixed veggies
3/8 package (16 oz ea) (170g)

1. Heat the oil in a skillet over medium heat. Add the turkey, break it up and brown it, stirring occasionally, until it's fully cooked. Season with salt and pepper to taste.
2. Meanwhile, prepare the quinoa mix and mixed veggies according to the instructions on the package.
3. When everything is ready mix it all together (or keep separate) and serve.

Caprese salad

178 cals 10g protein 11g fat 6g carbs 2g fiber

balsamic vinaigrette
2 1/2 tsp (13mL)
fresh basil
1/4 cup leaves, whole (5g)
tomatoes, halved
6 2/3 tbsp cherry tomatoes (62g)
mixed greens
3/8 package (5.5 oz) (65g)
fresh mozzarella cheese
1 1/4 oz (35g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Lunch 2

Eat on day 2

Mixed vegetables

3/4 cup(s) - 73 cals 3g protein 1g fat 10g carbs 4g fiber

Makes 3/4 cup(s)

frozen mixed veggies
3/4 cup (101g)

1. Prepare according to instructions on package.

Slow cooker carnitas

8 oz - 410 cals 40g protein 28g fat 0g carbs 0g fiber

Makes 8 oz

pork shoulder
1/2 lbs (227g)

1. Season pork shoulder with some salt and pepper.
2. Place pork in a slower cooker, cover, and cook on low for 6-8 hours. Time may vary, so be sure to check throughout. Pork should easily shred when done.
3. Take two forks and shred the pork. Serve.

Mashed sweet potatoes

183 cals 3g protein 0g fat 36g carbs 6g fiber

sweet potatoes
1 sweetpotato, 5" long (210g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Lunch 3

Eat on day 3

Basic ground turkey

5 1/3 oz - 250 cals 30g protein 15g fat 0g carbs 0g fiber

Makes 5 1/3 oz

oil
1/4 tbsp (3mL)
ground turkey, raw
1/3 lbs (151g)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

Edamame & beet salad

171 cals 9g protein 7g fat 12g carbs 6g fiber

balsamic vinaigrette
1 tbsp (15mL)
beets, precooked (canned or refrigerated), chopped
2 beets (2" dia, sphere) (100g)
edamame, frozen, shelled
1/2 cup (59g)
mixed greens
1 cup (30g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Milk

1 cup(s) - 149 cals 8g protein 8g fat 12g carbs 0g fiber

Makes 1 cup(s)

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Lunch 4

Eat on day 4

Cottage cheese & fruit cup

1 container - 107 cals 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.

Turkey & hummus deli sandwich

1 1/2 sandwich(es) - 524 cals 45g protein 14g fat 46g carbs 10g fiber

Makes 1 1/2 sandwich(es)

oil
3/8 tsp (2mL)
mixed greens
3/4 cup (23g)
tomatoes
3 slice(s), thick/large (1/2" thick) (81g)
hummus
3 tbsp (45g)
bread
3 slice(s) (96g)
turkey cold cuts
6 oz (170g)

1. Assemble sandwich by layering the turkey, tomatoes, and mixed greens on top of the bottom slice of bread. Dress the tomatoes and greens by drizzling oil on top and seasoning with some salt/pepper.
2. Spread the hummus on the top slice of bread, top the sandwich, and serve.

Lunch 5

Eat on day 5

Caprese salad

142 cals 8g protein 9g fat 5g carbs 2g fiber

balsamic vinaigrette
2 tsp (10mL)
fresh basil
2 2/3 tbsp leaves, whole (4g)
tomatoes, halved
1/3 cup cherry tomatoes (50g)
mixed greens
1/3 package (5.5 oz) (52g)
fresh mozzarella cheese
1 oz (28g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Chicken stir fry with rice

533 cals 46g protein 9g fat 61g carbs 6g fiber

long-grain white rice
4 tbsp (46g)
water
1/2 cup(s) (119mL)
boneless skinless chicken breast, raw, cubed
6 oz (168g)
salt
1 dash (1g)
black pepper
2 dash, ground (1g)
oil, divided
1/4 tbsp (4mL)
frozen mixed veggies
1/2 10oz package (142g)
stir-fry sauce
2 2/3 tbsp (45g)

1. In a pot with a lid, add the water and bring to a boil. Add the rice, stir, reduce heat to medium-low, and cover with the lid. The temperature will be correct when a little steam is visibly leaking from the lid. Keep the lid on for 20 minutes without removing. When done, fluff with a fork and set aside.
2. Meanwhile, heat half of the oil in a skillet over medium-high heat. When hot, add the cubed chicken and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove chicken and set aside.
3. Put remaining oil into the skillet and add the frozen vegetables. Stir fry 4-5 minutes or until crisp but warmed through.
4. Return chicken to skillet, stir.
5. Pour in stir-fry sauce and mix until it is well distributed.
6. Reduce heat to low and simmer until chicken is fully cooked.
7. Serve over rice.

Lunch 6

Eat on day 6, day 7

Bbq chicken stuffed sweet potatoes

1 potato(es) - 520 cals 54g protein 6g fat 55g carbs 7g fiber

For single meal:

sweet potatoes, halved
1 sweetpotato, 5" long (210g)
barbecue sauce
2 2/3 tbsp (48g)
boneless skinless chicken breast, raw
1/2 lbs (224g)

For all 2 meals:

sweet potatoes, halved
2 sweetpotato, 5" long (420g)
barbecue sauce
1/3 cup (95g)
boneless skinless chicken breast, raw
1 lbs (448g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

Simple mixed greens salad

136 cals 3g protein 9g fat 8g carbs 2g fiber

For single meal:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

For all 2 meals:

mixed greens
6 cup (180g)
salad dressing
6 tbsp (90mL)

1. Mix greens and dressing in a small bowl. Serve.

Snacks 1

Eat on day 1, day 2

Grapefruit

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

For single meal:

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

For all 2 meals:

Grapefruit
1 large (approx 4-1/2" dia) (332g)

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)

Beef jerky

110 cals 16g protein 1g fat 9g carbs 0g fiber

For single meal:

beef jerky
1 1/2 oz (43g)

For all 2 meals:

beef jerky
3 oz (85g)

1. This recipe has no instructions.

Applesauce

57 cals 0g protein 0g fat 12g carbs 1g fiber

For single meal:

applesauce
1 to-go container (~4 oz) (122g)

For all 2 meals:

applesauce
2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

Snacks 2

Eat on day 3, day 4

Cottage cheese & honey

1/2 cup(s) - 125 cals 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.

Apple & peanut butter

1/2 apple(s) - 155 cals 4g protein 8g fat 13g carbs 3g fiber

For single meal:

apples
1/2 medium (3" dia) (91g)
peanut butter
1 tbsp (16g)

For all 2 meals:

apples
1 medium (3" dia) (182g)
peanut butter
2 tbsp (32g)

1. Slice an apple and spread peanut butter evenly over each slice.

Snacks 3

Eat on day 5, day 6, day 7

Cottage cheese & honey

1/2 cup(s) - 125 cals 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 3 meals:

honey
2 tbsp (42g)
low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)

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

Hummus toast

1 slice(s) - 146 cals 7g protein 5g fat 15g carbs 4g fiber

For single meal:

hummus
2 1/2 tbsp (38g)
bread
1 slice (32g)

For all 3 meals:

hummus
1/2 cup (113g)
bread
3 slice (96g)

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

Cherry tomatoes

6 cherry tomatoes - 21 cals 1g protein 0g fat 3g carbs 1g fiber

For single meal:

tomatoes
6 cherry tomatoes (102g)

For all 3 meals:

tomatoes
18 cherry tomatoes (306g)

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

Dinner 1

Eat on day 1, day 2

Chicken shawarma bowl

10 oz chicken - 541 cals 72g protein 21g fat 12g carbs 4g fiber

For single meal:

oil
1 tsp (5mL)
garlic powder
1 1/4 tsp (4g)
ground cumin
1 1/4 tsp (3g)
hummus
2 1/2 tbsp (38g)
feta cheese
2 1/2 tbsp (24g)
onion, sliced
3 1/3 tbsp, sliced (24g)
tomatoes, sliced
10 tbsp cherry tomatoes (93g)
boneless skinless chicken breast, raw
10 oz (280g)

For all 2 meals:

oil
2 tsp (9mL)
garlic powder
2 1/2 tsp (8g)
ground cumin
2 1/2 tsp (5g)
hummus
5 tbsp (75g)
feta cheese
5 tbsp (47g)
onion, sliced
6 2/3 tbsp, sliced (48g)
tomatoes, sliced
1 1/4 cup cherry tomatoes (186g)
boneless skinless chicken breast, raw
1 1/4 lbs (560g)

1. Coat chicken in oil and rub cumin and garlic powder all over until coated.
2. Add chicken to a skillet or grill pan over medium heat and cook until done, about 10 minutes on each side.
3. Meanwhile, mix together the tomatoes, onion, and feta.
4. Slice the chicken and assemble the bowl with chicken, tomato salad, and hummus. Serve.

Milk

1 cup(s) - 149 cals 8g protein 8g fat 12g carbs 0g fiber

For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Dinner 2

Eat on day 3

White chicken chili soup

693 cals 75g protein 11g fat 59g carbs 14g fiber

boneless skinless chicken breast, raw
1/2 lbs (227g)
chicken broth
2 cup(s) (mL)
canned great northern beans, drained
2/3 can (~15 oz) (283g)
salsa verde
2/3 cup (171g)
ground cumin
1/4 tbsp (1g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken.
3. In a new pot, add broth, chicken, beans, salsa, and cumin over medium-high heat and stir.
4. Allow to cook for about 5 minutes. Serve.
5. *Crock pot method: Add all ingredients (including the uncooked chicken) into the crock pot. Cook on low for 6-8 hours, or high for 3-4. Once finished, shred the chicken with two forks and serve.

Dinner 3

Eat on day 4, day 5

Lebanese beef pitas

1 pita(s) - 554 cals 55g protein 18g fat 37g carbs 6g fiber

For single meal:

cinnamon
4 dash (1g)
paprika
4 dash (1g)
ground cumin
1/2 tbsp (3g)
fresh parsley, chopped
4 tbsp chopped (15g)
onion, chopped
1/2 small (35g)
pita bread
1 pita, large (6-1/2" dia) (64g)
ground beef (93% lean)
1/2 lbs (227g)

For all 2 meals:

cinnamon
1 tsp (3g)
paprika
1 tsp (2g)
ground cumin
1 tbsp (6g)
fresh parsley, chopped
1/2 cup chopped (30g)
onion, chopped
1 small (70g)
pita bread
2 pita, large (6-1/2" dia) (128g)
ground beef (93% lean)
1 lbs (454g)

1. Preheat oven to 360°F (180°C).
2. In a large bowl, mix together the ground beef, onion, parsley, spices, and a pinch of salt.
3. Slice each pita in half down the middle like a hamburger bun so that there is a top and bottom "bun".
4. Place pita bottoms on an oven tray and top with an even amount of the beef mixture. Press pita tops on top and slice down the middle to cut everything in half.
5. Bake for about 20 minutes. Serve.

Mixed vegetables

3/4 cup(s) - 73 cals 3g protein 1g fat 10g carbs 4g fiber

For single meal:

frozen mixed veggies
3/4 cup (101g)

For all 2 meals:

frozen mixed veggies
1 1/2 cup (203g)

1. Prepare according to instructions on package.

Dinner 4

Eat on day 6, day 7

Buffalo chicken zucchini boats

4 zucchini boat(s) - 556 cals 75g protein 20g fat 14g carbs 5g fiber

For single meal:

garlic powder
1/4 tbsp (2g)
cheddar cheese, shredded
1/3 cup, shredded (38g)
boneless skinless chicken breast, raw
1/2 lbs (227g)
Frank's Red Hot sauce
1/4 cup (53mL)
nonfat greek yogurt, plain
1/3 cup (93g)
zucchini
2 medium (392g)

For all 2 meals:

garlic powder
1/2 tbsp (4g)
cheddar cheese, shredded
2/3 cup, shredded (75g)
boneless skinless chicken breast, raw
1 lbs (454g)
Frank's Red Hot sauce
1/2 cup (107mL)
nonfat greek yogurt, plain
2/3 cup (187g)
zucchini
4 medium (784g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to plate and set aside to cool.
3. Preheat oven to 400°F (200°C).
4. Cut zucchini in half lengthwise. Using a spoon, scoop out the inside of the zucchini and transfer zucchini insides to a large bowl and reserve for later.
5. Place the zucchini boats on a baking sheet and season with some salt and pepper. Bake for 10 minutes.
6. Meanwhile, make the filling. Once chicken is cool enough to handle, shred it with two forks. Add the shredded chicken to the bowl with the zucchini insides and combine with the Greek yogurt, half of the cheddar cheese, buffalo sauce, garlic powder and some salt and pepper. Mix.
7. Remove zucchini boats from oven. Spoon chicken mixture into the cavity and top with remaining cheese.
8. Bake for 20-25 minutes. Serve.

Brown rice

1/3 cup brown rice, cooked - 76 cals 2g protein 1g fat 15g carbs 1g fiber

For single meal:

brown rice
1 3/4 tbsp (21g)
salt
2/3 dash (1g)
water
1/4 cup(s) (53mL)
black pepper
2/3 dash, ground (0g)

For all 2 meals:

brown rice
1/4 cup (42g)
salt
1 1/3 dash (1g)
water
1/2 cup(s) (105mL)
black pepper
1 1/3 dash, ground (0g)

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.