

# Meal Plan - Meal plan with over 160g 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

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

### 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

### 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

### 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

### 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

### 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

### 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

### 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

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



Caprese salad  
142 cals



Chicken stir fry with rice  
533 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

1943 cals ● 166g protein (34%) ● 56g fat (26%) ● 169g carbs (35%) ● 25g 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

670 cals, 77g protein, 38g net carbs, 21g fat



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



Brown rice  
115 cals

# Day 7

1943 cal ● 166g protein (34%) ● 56g fat (26%) ● 169g carbs (35%) ● 25g fiber (5%)

## Breakfast

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



Apple, banana, almond butter bowl  
176 cal



Milk  
1 cup(s)- 149 cal

## Snacks

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



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



Hummus toast  
1 slice(s)- 146 cal



Cherry tomatoes  
6 cherry tomatoes- 21 cal

## Lunch

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



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



Simple mixed greens salad  
136 cal

## Dinner

670 cal, 77g protein, 38g net carbs, 21g fat



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



Brown rice  
115 cal

## 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 1/6 cup(s) (277mL)

## 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  
1/2 tsp (3g)
- black pepper  
1/4 tbsp, ground (2g)

## 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 (480mL)
- 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)
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## 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  
1/3 cup (63g)

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Breakfast cereal with protein milk

309 cal ● 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 cal ● 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 cal ● 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.

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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Apple, banana, almond butter bowl

176 cal ● 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.

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## Milk

1 cup(s) - 149 cal ● 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.
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## 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.

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## Lunch 3 [↗](#)

Eat on day 3

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### 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.

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### 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.

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## Lunch 6 [↗](#)

Eat on day 6, day 7

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### Bbq chicken stuffed sweet potatoes

1 potato(es) - 520 cal ● 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.

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### Simple mixed greens salad

136 cal ● 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.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### 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 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)
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### Beef jerky

110 cal ● 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.
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### Applesauce

57 cal ● 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
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## Snacks 2 [↗](#)

Eat on day 3, day 4

### 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.

### Apple & peanut butter

1/2 apple(s) - 155 cal ● 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 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 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 cal ● 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 cal ● 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.
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## Dinner 1 [↗](#)

Eat on day 1, day 2

### Chicken shawarma bowl

10 oz chicken - 541 cal ● 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 cal ● 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

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### White chicken chili soup

693 cal ● 75g protein ● 11g fat ● 59g carbs ● 14g fiber



**boneless skinless chicken breast,  
raw**

1/2 lbs (227g)

**chicken broth**

2 cup (480mL)

**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.
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## 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

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### Buffalo chicken zucchini boats

4 zucchini boat(s) - 556 cal ● 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.

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### Brown rice

115 cal ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



For single meal:

**brown rice**

2 2/3 tbsp (32g)

**salt**

1 dash (1g)

**water**

1/3 cup(s) (79mL)

**black pepper**

1 dash, ground (0g)

For all 2 meals:

**brown rice**

1/3 cup (63g)

**salt**

2 dash (2g)

**water**

2/3 cup(s) (158mL)

**black pepper**

2 dash, 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.
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