Meal Plan - Meal plan with over 160g protein



Grocery List Day 3 Day 5 Day 6 Recipes Day 1 Day 2 Day 4 Day 7

> 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



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

Dinner

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



Chicken shawarma bowl 10 oz chicken- 541 cals



Milk 1 cup(s)- 149 cals

Snacks

Beef jerky 110 cals

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

1/2 grapefruit- 59 cals

Grapefruit



Applesauce 57 cals

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

Dinner

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



White chicken chili soup 693 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

Day 4

1928 cals ● 172g protein (36%) ● 61g fat (28%) ● 148g carbs (31%) ● 26g 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

655 cals, 59g protein, 59g net carbs, 16g fat



Cottage cheese & fruit cup 1 container- 131 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

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





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

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



Mummus 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



Dairy and Egg Products	Legumes and Legume Products		
whole milk 6 1/4 cup (1500mL)	hummus 1 cup (233g)		
fresh mozzarella cheese 2 1/4 oz (64g)	canned great northern beans 2/3 can (~15 oz) (283g)		
feta cheese 5 tbsp (47g)	peanut butter 2 tbsp (32g)		
low fat cottage cheese (1% milkfat) 5 1/2 cup (1243g)	Fruits and Fruit Juices		
cheddar cheese 2/3 cup, shredded (75g)	Grapefruit		
nonfat greek yogurt, plain 2/3 cup (187g)	☐ 1 large (approx 4-1/2" dia) (332g) ☐ applesauce		
Breakfast Cereals	2 to-go container (~4 oz) (244g) canned pineapple		
□ breakfast cereal	☐ 3/4 cup, chunks (136g) ☐ apples		
☐ 2 1/2 serving (75g)	☐ 2 medium (3" dia) (364g) ☐ banana		
Beverages	☐ 1 medium (7" to 7-7/8" long) (118g)		
protein powder 1 1/4 scoop (1/3 cup ea) (39g)	Snacks		
water 1 cup(s) (223mL)	beef jerky 3 oz (85g)		
Fats and Oils	Pork Products		
olive oil	pork shoulder		
☐ 1/4 tbsp (4mL) ☐ balsamic vinaigrette	1/2 lbs (227g)		
☐ 2 1/2 tbsp (38mL) ☐ oil	Soups, Sauces, and Gravies		
1/2 oz (18mL) salad dressing	chicken broth 2 cup(s) (mL)		
6 tbsp (90mL)	salsa verde 2/3 cup (171g)		
Poultry Products	barbecue sauce 1/3 cup (95g)		
ground turkey, raw 3/4 lbs (321g)	Frank's Red Hot sauce 1/2 cup (106mL)		
boneless skinless chicken breast, raw 4 lbs (1856g)	Nut and Seed Products		
Spices and Herbs	sunflower kernels		
Spices and Herbs	☐ 3 oz (85g)		
salt 4 dash (3g)	coconut flakes 1 tbsp (5g)		
black pepper 5 dash, ground (1g)	almond butter 1 tbsp (16g)		

fresh basil 6 tbsp leaves, whole (9g)	Sweets
garlic powder 4 tsp (12g)	honey 1/4 cup (70g)
ground cumin 1/2 oz (13g)	Baked Products
cinnamon 1 tsp (3g)	bread 6 3/4 oz (192g)
paprika 1 tsp (2g)	pita bread 2 pita, large (6-1/2" dia) (128g)
Other	Sausages and Luncheon Meats
flavored quinoa mix 3/8 package (4.9 oz) (52g)	turkey cold cuts 6 oz (170g)
mixed greens 2 1/4 package (5.5 oz) (349g)	
cottage cheese & fruit cup 1 container (170g)	Beef Products ☐ ground beef (93% lean)
stir-fry sauce 2 3/4 tbsp (45g)	1 lbs (454g)
Vegetables and Vegetable Products	Cereal Grains and Pasta
Vegetables and Vegetable Products ☐ frozen mixed veggies 21 3/4 oz (616g)	long-grain white rice 4 tbsp (46g)
☐ frozen mixed veggies	├─ long-grain white rice
frozen mixed veggies 21 3/4 oz (616g) tomatoes	long-grain white rice 4 tbsp (46g) brown rice
frozen mixed veggies 21 3/4 oz (616g) tomatoes 5 1/2 medium whole (2-3/5" dia) (685g) onion	long-grain white rice 4 tbsp (46g) brown rice
frozen mixed veggies 21 3/4 oz (616g) tomatoes 5 1/2 medium whole (2-3/5" dia) (685g) onion 1 medium (2-1/2" dia) (118g) sweet potatoes	long-grain white rice 4 tbsp (46g) brown rice
frozen mixed veggies 21 3/4 oz (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)	long-grain white rice 4 tbsp (46g) brown rice
frozen mixed veggies 21 3/4 oz (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	long-grain white rice 4 tbsp (46g) brown rice
frozen mixed veggies 21 3/4 oz (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	long-grain white rice 4 tbsp (46g) brown rice

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)

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)

For all 2 meals:

- 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, highcarbohydrate 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) 1 medium (7" to 7-7/8" long) (118g) 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 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



whole milk 1 cup (240mL)

For single meal:

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)

- 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.
- 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 2 Eat on day 3

Basic ground turkey

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



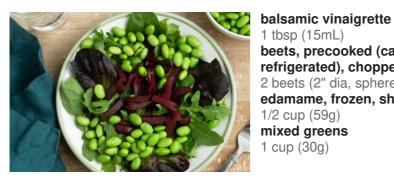
oil 1/4 tbsp (3mL) ground turkey, raw 1/3 lbs (151g)

- 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



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

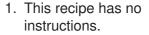
8g fat

12g carbs

0g fiber

Makes 1 cup(s)

whole milk 1 cup (240mL)





Lunch 4 2

Eat on day 4

Cottage cheese & fruit cup

1 container - 131 cals

14g protein

3g fat

13g carbs

0g fiber



Makes 1 container

cottage cheese & fruit cup 1 container (170g)

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)

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 4

Eat on day 5

Caprese salad



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)

- 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 mediumhigh 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.
- 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

Bbg 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
1/2 lbs (224g)
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



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

For single meal:

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 2

Eat on day 1, day 2

Grapefruit

1/2 grapefruit - 59 cals

1g protein

0g fat

12g carbs

2g fiber



For single meal:

For all 2 meals:

Grapefruit

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

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

- 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 Og protein Og fat 12g carbs 11g 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 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 2 1/2 tbsp (38g) bread 1 slice (32g)

For single meal:

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, 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)

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 (38a)

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, boneless skinless chicken breast,

raw

16 oz (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.