

Meal Plan - Meal plan with over 200g 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

2399 cal ● 211g protein (35%) ● 103g fat (38%) ● 129g carbs (21%) ● 30g fiber (5%)

Breakfast

410 cal, 27g protein, 25g net carbs, 21g fat



[Apple](#)

1 apple(s)- 105 cal



[Boiled eggs](#)

2 egg(s)- 139 cal



[String cheese](#)

2 stick(s)- 165 cal

Snacks

275 cal, 26g protein, 26g net carbs, 4g fat



[Raspberries](#)

1 cup(s)- 72 cal



[Cottage cheese & fruit cup](#)

1 container- 131 cal



[Beef jerky](#)

73 cal

Lunch

870 cal, 86g protein, 7g net carbs, 51g fat



[Broccoli](#)

3 1/2 cup(s)- 102 cal



[Baked chicken thighs](#)

12 oz- 770 cal

Dinner

840 cal, 73g protein, 71g net carbs, 26g fat



[Baked chicken with tomatoes & olives](#)

9 oz- 449 cal



[Naan bread](#)

1 1/2 piece(s)- 393 cal

Day 2

2365 cals ● 247g protein (42%) ● 85g fat (32%) ● 112g carbs (19%) ● 41g fiber (7%)

Breakfast

410 cals, 27g protein, 25g net carbs, 21g fat



Apple

1 apple(s)- 105 cals



Boiled eggs

2 egg(s)- 139 cals



String cheese

2 stick(s)- 165 cals

Snacks

275 cals, 26g protein, 26g net carbs, 4g fat



Raspberries

1 cup(s)- 72 cals



Cottage cheese & fruit cup

1 container- 131 cals



Beef jerky

73 cals

Lunch

840 cals, 73g protein, 54g net carbs, 28g fat



Mexican posole soup

605 cals



Tomato and avocado salad

235 cals

Dinner

840 cals, 121g protein, 8g net carbs, 32g fat



Olive oil drizzled broccoli

2 1/2 cup(s)- 175 cals



Lemon pepper chicken breast

18 oz- 666 cals

Day 3

2376 cals ● 232g protein (39%) ● 79g fat (30%) ● 131g carbs (22%) ● 53g fiber (9%)

Breakfast

430 cals, 31g protein, 24g net carbs, 17g fat



Avocado

176 cals



Overnight mixed berry protein oats w/ water

256 cals

Snacks

265 cals, 6g protein, 45g net carbs, 2g fat



Pretzels

193 cals



Raspberries

1 cup(s)- 72 cals

Lunch

840 cals, 73g protein, 54g net carbs, 28g fat



Mexican posole soup

605 cals



Tomato and avocado salad

235 cals

Dinner

840 cals, 121g protein, 8g net carbs, 32g fat



Olive oil drizzled broccoli

2 1/2 cup(s)- 175 cals



Lemon pepper chicken breast

18 oz- 666 cals

Day 4

2389 cals ● 205g protein (34%) ● 90g fat (34%) ● 152g carbs (25%) ● 39g fiber (7%)

Breakfast

430 cals, 31g protein, 24g net carbs, 17g fat



Avocado
176 cals



Overnight mixed berry protein oats w/ water
256 cals

Snacks

265 cals, 6g protein, 45g net carbs, 2g fat



Pretzels
193 cals



Raspberries
1 cup(s)- 72 cals

Lunch

805 cals, 70g protein, 67g net carbs, 24g fat



Cottage cheese & honey
1 cup(s)- 249 cals



Avocado tuna salad sandwich
1 1/2 sandwich(es)- 555 cals

Dinner

890 cals, 98g protein, 16g net carbs, 47g fat



Greek turkey meatballs
6 meatballs- 822 cals



Buttered broccoli
1/2 cup(s)- 67 cals

Day 5

2395 cals ● 240g protein (40%) ● 87g fat (33%) ● 130g carbs (22%) ● 33g fiber (5%)

Breakfast

430 cals, 31g protein, 24g net carbs, 17g fat



Avocado
176 cals



Overnight mixed berry protein oats w/ water
256 cals

Snacks

290 cals, 20g protein, 13g net carbs, 15g fat



Cottage cheese and pineapple
93 cals



Raspberries
1/2 cup(s)- 36 cals



Mixed nuts
1/6 cup(s)- 163 cals

Lunch

810 cals, 89g protein, 53g net carbs, 23g fat



Tortilla chips
317 cals



Bbq pulled chicken & lime yogurt slaw bowl
492 cals

Dinner

860 cals, 100g protein, 39g net carbs, 32g fat



Cottage cheese & honey
3/4 cup(s)- 187 cals



Chicken beet & carrot salad bowl
674 cals

Day 6

2398 cals ● 223g protein (37%) ● 84g fat (32%) ● 155g carbs (26%) ● 31g fiber (5%)

Breakfast

435 cals, 14g protein, 49g net carbs, 14g fat



Banana
1 banana(s)- 117 cals



Avocado toast with egg
1 slice(s)- 238 cals



Carrot sticks
3 carrot(s)- 81 cals

Snacks

290 cals, 20g protein, 13g net carbs, 15g fat



Cottage cheese and pineapple
93 cals



Raspberries
1/2 cup(s)- 36 cals



Mixed nuts
1/6 cup(s)- 163 cals

Lunch

810 cals, 89g protein, 53g net carbs, 23g fat



Tortilla chips
317 cals



Bbq pulled chicken & lime yogurt slaw bowl
492 cals

Dinner

860 cals, 100g protein, 39g net carbs, 32g fat



Cottage cheese & honey
3/4 cup(s)- 187 cals



Chicken beet & carrot salad bowl
674 cals

Day 7

2420 cals ● 227g protein (38%) ● 104g fat (39%) ● 106g carbs (17%) ● 38g fiber (6%)

Breakfast

435 cals, 14g protein, 49g net carbs, 14g fat



Banana
1 banana(s)- 117 cals



Avocado toast with egg
1 slice(s)- 238 cals



Carrot sticks
3 carrot(s)- 81 cals

Snacks

290 cals, 20g protein, 13g net carbs, 15g fat



Cottage cheese and pineapple
93 cals



Raspberries
1/2 cup(s)- 36 cals



Mixed nuts
1/6 cup(s)- 163 cals

Lunch

945 cals, 89g protein, 39g net carbs, 41g fat



Cottage cheese & fruit cup
2 container- 261 cals



Avocado tuna salad stuffed pepper
3 half pepper(s)- 683 cals

Dinner

750 cals, 104g protein, 5g net carbs, 33g fat



Tomato and avocado salad
117 cals



Balsamic chicken breast
16 oz- 631 cals

Fruits and Fruit Juices

- ☐ apples
2 medium (3" dia) (364g)
- ☐ green olives
9 large (40g)
- ☐ raspberries
5 1/2 cup (677g)
- ☐ lime juice
2 1/4 fl oz (69mL)
- ☐ avocados
4 1/2 avocado(s) (879g)
- ☐ lemon juice
1/2 tbsp (8mL)
- ☐ canned pineapple
6 tbsp, chunks (68g)
- ☐ banana
2 medium (7" to 7-7/8" long) (236g)

Dairy and Egg Products

- ☐ eggs
6 3/4 large (338g)
- ☐ string cheese
4 stick (112g)
- ☐ low fat cottage cheese (1% milkfat)
4 cup (904g)
- ☐ butter
1/2 tbsp (7g)
- ☐ nonfat greek yogurt, plain
1/2 cup (140g)

Vegetables and Vegetable Products

- ☐ frozen broccoli
9 cup (819g)
- ☐ tomatoes
2 1/2 medium whole (2-3/5" dia) (307g)
- ☐ onion
2/3 medium (2-1/2" dia) (77g)
- ☐ fresh parsley
3 tbsp chopped (11g)
- ☐ red onion
3/8 small (26g)
- ☐ zucchini
3/8 medium (74g)
- ☐ carrots
7 1/2 medium (458g)
- ☐ beets, precooked (canned or refrigerated)
3/4 lbs (340g)
- ☐ bell pepper
1 1/2 large (246g)

Fats and Oils

- ☐ olive oil
2 oz (59mL)
- ☐ oil
2 oz (55mL)
- ☐ balsamic vinaigrette
4 tbsp (60mL)

Baked Products

- ☐ naan bread
1 1/2 piece (135g)
- ☐ bread
5 slice (160g)

Other

- ☐ cottage cheese & fruit cup
4 container (680g)
- ☐ stewed tomatoes with peppers and spices
1 1/3 can (~15 oz) (560g)
- ☐ frozen mixed berries
1 1/2 cup (204g)
- ☐ tzatziki
3/8 cup(s) (84g)
- ☐ coleslaw mix
4 cup (360g)
- ☐ sugar-free barbecue sauce
1/2 cup (120g)
- ☐ italian seasoning
4 dash (2g)

Snacks

- ☐ beef jerky
2 oz (57g)
- ☐ pretzels, hard, salted
1/4 lbs (99g)
- ☐ tortilla chips
1/4 lbs (128g)

Beverages

- ☐ water
3 1/2 cup(s) (848mL)
- ☐ protein powder, vanilla
3 scoop (1/3 cup ea) (93g)

Cereal Grains and Pasta

Poultry Products

- ☐ chicken thighs, with bone and skin, raw
3/4 lbs (340g)
- ☐ boneless skinless chicken breast, raw
7 lbs (3069g)
- ☐ ground turkey, raw
15 oz (425g)

Spices and Herbs

- ☐ thyme, dried
1/8 oz (1g)
- ☐ salt
1/4 oz (8g)
- ☐ black pepper
2 1/4 g (2g)
- ☐ chili powder
1/2 tbsp (4g)
- ☐ fresh basil
9 leaves (5g)
- ☐ lemon pepper
2 1/4 tbsp (16g)
- ☐ chipotle seasoning
1 tbsp (6g)
- ☐ garlic powder
1/2 tbsp (4g)
- ☐ oregano, dried
1/4 tbsp, leaves (1g)

- ☐ white hominy
1 1/3 can (15.5 oz) (586g)

Pork Products

- ☐ pork tenderloin, raw
1 1/3 lbs (605g)

Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats
1 cup(s) (81g)

Sweets

- ☐ honey
1/4 cup (70g)

Finfish and Shellfish Products

- ☐ canned tuna
2 1/4 can (387g)

Nut and Seed Products

- ☐ mixed nuts
1/2 cup (75g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1 1/2 tsp (0mL)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples

1 medium (3" dia) (182g)

For all 2 meals:

apples

2 medium (3" dia) (364g)

1. This recipe has no instructions.

Boiled eggs

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



For single meal:

eggs

2 large (100g)

For all 2 meals:

eggs

4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

String cheese

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



For single meal:

string cheese
2 stick (56g)

For all 2 meals:

string cheese
4 stick (112g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Overnight mixed berry protein oats w/ water

256 cal ● 29g protein ● 2g fat ● 22g carbs ● 8g fiber



For single meal:

frozen mixed berries
1/2 cup (68g)
oatmeal, old-fashioned oats, rolled oats
1/3 cup(s) (27g)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
water
3/4 cup(s) (178mL)

For all 3 meals:

frozen mixed berries
1 1/2 cup (204g)
oatmeal, old-fashioned oats, rolled oats
1 cup(s) (81g)
protein powder, vanilla
3 scoop (1/3 cup ea) (93g)
water
2 1/4 cup(s) (533mL)

1. Mix all ingredients in an airtight container.
 2. Let chill overnight in the fridge or for at least 4 hours. Serve.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

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

For all 2 meals:

banana

2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

Avocado toast with egg

1 slice(s) - 238 cals ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

avocados, ripe, sliced

1/4 avocado(s) (50g)

eggs

1 large (50g)

bread

1 slice (32g)

For all 2 meals:

avocados, ripe, sliced

1/2 avocado(s) (101g)

eggs

2 large (100g)

bread

2 slice (64g)

1. Cook the egg however you prefer.
2. Toast the bread.
3. Top with ripe avocado and use a fork to smash it around the bread.
4. Top avocado with the cooked egg. Serve.

Carrot sticks

3 carrot(s) - 81 cals ● 2g protein ● 0g fat ● 12g carbs ● 5g fiber



For single meal:

carrots

3 medium (183g)

For all 2 meals:

carrots

6 medium (366g)

1. Cut carrots into strips and serve.

Lunch 1 [🔗](#)

Eat on day 1

Broccoli

3 1/2 cup(s) - 102 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



Makes 3 1/2 cup(s)

frozen broccoli

3 1/2 cup (319g)

1. Prepare according to instructions on package.

Baked chicken thighs

12 oz - 770 cals ● 77g protein ● 51g fat ● 1g carbs ● 0g fiber



Makes 12 oz

chicken thighs, with bone and skin, raw

3/4 lbs (340g)

thyme, dried

1 dash, ground (0g)

1. Preheat oven to 400°F (200°C).
 2. Arrange the chicken thighs on a baking sheet or in a baking dish.
 3. Season thighs with thyme and some salt and pepper.
 4. Bake in the preheated oven for 35–45 minutes, or until the internal temperature reaches 165°F (75°C). For extra crispy skin, broil for 2–3 minutes at the end. Serve.
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Lunch 2 [↗](#)

Eat on day 2, day 3

Mexican posole soup

605 cals ● 70g protein ● 9g fat ● 47g carbs ● 12g fiber



For single meal:

water
2/3 cup(s) (158mL)
white hominy, undrained
2/3 can (15.5 oz) (293g)
pork tenderloin, raw, trimmed, cut into bite-sized pieces
2/3 lbs (302g)
chipotle seasoning
1/2 tbsp (3g)
stewed tomatoes with peppers and spices, undrained
2/3 can (~15 oz) (280g)

For all 2 meals:

water
1 1/3 cup(s) (316mL)
white hominy, undrained
1 1/3 can (15.5 oz) (586g)
pork tenderloin, raw, trimmed, cut into bite-sized pieces
1 1/3 lbs (605g)
chipotle seasoning
1 tbsp (6g)
stewed tomatoes with peppers and spices, undrained
1 1/3 can (~15 oz) (560g)

1. Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
2. Sprinkle pork evenly with chipotle seasoning blend.
3. Add pork to pan; cook 4 minutes or until browned.
4. Stir in hominy, tomatoes, and 1 cup water. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until pork is tender. Stir in cilantro (optional).
5. Serve.

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)

For all 2 meals:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Lunch 3 [↗](#)

Eat on day 4

Cottage cheese & honey

1 cup(s) - 249 cals ● 28g protein ● 2g fat ● 29g carbs ● 0g fiber



Makes 1 cup(s)

honey

4 tsp (28g)

low fat cottage cheese (1% milkfat)

1 cup (226g)

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

Avocado tuna salad sandwich

1 1/2 sandwich(es) - 555 cals ● 42g protein ● 21g fat ● 38g carbs ● 11g fiber



Makes 1 1/2 sandwich(es)

black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

lime juice

1/4 tbsp (4mL)

avocados

3/8 avocado(s) (75g)

canned tuna, drained

3/4 can (129g)

bread

3 slice (96g)

onion, minced

1/6 small (13g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Lunch 4 [↗](#)

Eat on day 5, day 6

Tortilla chips

317 cals ● 4g protein ● 14g fat ● 40g carbs ● 3g fiber



For single meal:

tortilla chips

2 1/4 oz (64g)

For all 2 meals:

tortilla chips

1/4 lbs (128g)

1. This recipe has no instructions.

Bbq pulled chicken & lime yogurt slaw bowl

492 cals ● 85g protein ● 9g fat ● 13g carbs ● 4g fiber



For single meal:

lime juice
2 tsp (10mL)
boneless skinless chicken breast, raw
3/4 lbs (340g)
coleslaw mix
2 cup (180g)
sugar-free barbecue sauce
4 tbsp (60g)
nonfat greek yogurt, plain
4 tbsp (70g)

For all 2 meals:

lime juice
4 tsp (20mL)
boneless skinless chicken breast, raw
1 1/2 lbs (680g)
coleslaw mix
4 cup (360g)
sugar-free barbecue sauce
1/2 cup (120g)
nonfat greek yogurt, plain
1/2 cup (140g)

1. Put chicken in a small saucepan and cover with water. Bring to a boil and cook for about 10-15 minutes until chicken is no longer pink inside. Remove chicken from pot and set aside to lightly cool.
2. In a small bowl, mix together the greek yogurt and lime juice until it forms a sauce-like consistency. Add in the coleslaw mix and toss to coat. Set aside.
3. Use two forks to shred the chicken. Add shredded chicken to a small bowl and coat with barbecue sauce.
4. Add coleslaw to the bbq chicken bowl and serve.

Lunch 5 [🔗](#)

Eat on day 7

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup
2 container (340g)

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

Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



Makes 3 half pepper(s)

canned tuna, drained

1 1/2 can (258g)

avocados

3/4 avocado(s) (151g)

lime juice

1/2 tbsp (8mL)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash (0g)

bell pepper

1 1/2 large (246g)

onion

3/8 small (26g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Snacks 1 [↗](#)

Eat on day 1, day 2

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries

1 cup (123g)

For all 2 meals:

raspberries

2 cup (246g)

1. Rinse raspberries and serve.

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup

1 container (170g)

For all 2 meals:

cottage cheese & fruit cup

2 container (340g)

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

Beef jerky

73 cals ● 11g protein ● 1g fat ● 6g carbs ● 0g fiber



For single meal:

beef jerky
1 oz (28g)

For all 2 meals:

beef jerky
2 oz (57g)

- 1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

Pretzels

193 cals ● 5g protein ● 1g fat ● 38g carbs ● 2g fiber



For single meal:

pretzels, hard, salted
1 3/4 oz (50g)

For all 2 meals:

pretzels, hard, salted
1/4 lbs (99g)

- 1. This recipe has no instructions.

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries
1 cup (123g)

For all 2 meals:

raspberries
2 cup (246g)

- 1. Rinse raspberries and serve.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Cottage cheese and pineapple

93 cals ● 14g protein ● 1g fat ● 6g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)

1/2 cup (113g)

canned pineapple, drained

2 tbsp, chunks (23g)

For all 3 meals:

low fat cottage cheese (1% milkfat)

1 1/2 cup (339g)

canned pineapple, drained

6 tbsp, chunks (68g)

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.

Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries

1/2 cup (62g)

For all 3 meals:

raspberries

1 1/2 cup (185g)

1. Rinse raspberries and serve.

Mixed nuts

1/6 cup(s) - 163 cals ● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



For single meal:

mixed nuts

3 tbsp (25g)

For all 3 meals:

mixed nuts

1/2 cup (75g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Baked chicken with tomatoes & olives

9 oz - 449 cals ● 60g protein ● 19g fat ● 6g carbs ● 5g fiber



Makes 9 oz

tomatoes

9 cherry tomatoes (153g)

olive oil

1/2 tbsp (8mL)

salt

3 dash (2g)

green olives

9 large (40g)

black pepper

3 dash (0g)

chili powder

1/2 tbsp (4g)

boneless skinless chicken breast, raw

1/2 lbs (255g)

fresh basil, shredded

9 leaves (5g)

1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

Naan bread

1 1/2 piece(s) - 393 cals ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber

Makes 1 1/2 piece(s)

naan bread

1 1/2 piece (135g)



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

Eat on day 2, day 3

Olive oil drizzled broccoli

2 1/2 cup(s) - 175 cals ● 7g protein ● 11g fat ● 5g carbs ● 7g fiber



For single meal:

black pepper

1 1/4 dash (0g)

salt

1 1/4 dash (1g)

frozen broccoli

2 1/2 cup (228g)

olive oil

2 1/2 tsp (13mL)

For all 2 meals:

black pepper

1/3 tsp (0g)

salt

1/3 tsp (1g)

frozen broccoli

5 cup (455g)

olive oil

5 tsp (25mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Lemon pepper chicken breast

18 oz - 666 cals ● 114g protein ● 21g fat ● 3g carbs ● 2g fiber



For single meal:

lemon pepper

1 tbsp (8g)

olive oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

18 oz (504g)

For all 2 meals:

lemon pepper

2 1/4 tbsp (16g)

olive oil

1 tbsp (17mL)

boneless skinless chicken breast, raw

2 1/4 lbs (1008g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. STOVETOP
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. BAKED
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. BROILED/GRILLED
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.

Dinner 3 [↗](#)

Eat on day 4

Greek turkey meatballs

6 meatballs - 822 cals ● 96g protein ● 41g fat ● 15g carbs ● 2g fiber



Makes 6 meatballs

tzatziki

3/8 cup(s) (84g)

garlic powder

1/4 tbsp (2g)

fresh parsley, chopped

3 tbsp chopped (11g)

oregano, dried

1/4 tbsp, leaves (1g)

red onion, diced

3/8 small (26g)

eggs

3/4 large (38g)

zucchini, grated or finely chopped

3/8 medium (74g)

ground turkey, raw

15 oz (425g)

1. Preheat oven to 350°F (180°C) and grease a baking sheet. Set the baking sheet aside.
2. In a large bowl, mix all ingredients together except for the tzatziki.
3. Form into meatballs (use the number of meatballs listed in the recipes serving details).
4. Add meatballs to the baking sheet and bake for 20-30 minutes, until fully cooked and no longer pink inside.
5. Serve with tzatziki as a dipping sauce.

Buttered broccoli

1/2 cup(s) - 67 cals ● 1g protein ● 6g fat ● 1g carbs ● 1g fiber



Makes 1/2 cup(s)

black pepper

1/4 dash (0g)

salt

1/4 dash (0g)

frozen broccoli

1/2 cup (46g)

butter

1/2 tbsp (7g)

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

Dinner 4 [↗](#)

Eat on day 5, day 6

Cottage cheese & honey

3/4 cup(s) - 187 cal ● 21g protein ● 2g fat ● 22g carbs ● 0g fiber



For single meal:

honey

1 tbsp (21g)

low fat cottage cheese (1% milkfat)

3/4 cup (170g)

For all 2 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.

Chicken beet & carrot salad bowl

674 cal ● 79g protein ● 30g fat ● 17g carbs ● 5g fiber



For single meal:

boneless skinless chicken breast, raw, cubed

3/4 lbs (336g)

apple cider vinegar

3/4 tsp (0mL)

thyme, dried

3 dash, leaves (0g)

oil

1 1/2 tbsp (23mL)

carrots, thinly sliced

3/4 medium (46g)

beets, precooked (canned or refrigerated), cubed

6 oz (170g)

For all 2 meals:

boneless skinless chicken breast, raw, cubed

1 1/2 lbs (672g)

apple cider vinegar

1 1/2 tsp (0mL)

thyme, dried

1/4 tbsp, leaves (1g)

oil

3 tbsp (45mL)

carrots, thinly sliced

1 1/2 medium (92g)

beets, precooked (canned or refrigerated), cubed

3/4 lbs (340g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

Dinner 5 [↗](#)

Eat on day 7

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion

1/2 tbsp minced (8g)

lime juice

1/2 tbsp (8mL)

avocados, cubed

1/4 avocado(s) (50g)

tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

olive oil

3/8 tsp (2mL)

garlic powder

1 dash (0g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Balsamic chicken breast

16 oz - 631 cals ● 102g protein ● 24g fat ● 1g carbs ● 0g fiber



Makes 16 oz

italian seasoning

4 dash (2g)

oil

2 tsp (10mL)

balsamic vinaigrette

4 tbsp (60mL)

boneless skinless chicken breast, raw

1 lbs (454g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.