

# Meal Plan - 1300 calorie macro meal plan

[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

1269 cals ● 93g protein (29%) ● 46g fat (32%) ● 103g carbs (32%) ● 19g fiber (6%)

### Breakfast

275 cals, 17g protein, 14g net carbs, 15g fat



**Egg & guac sandwich**

1/2 sandwich(es)- 191 cals



**String cheese**

1 stick(s)- 83 cals

### Snacks

110 cals, 11g protein, 14g net carbs, 1g fat



**Beef jerky**

73 cals



**Clementine**

1 clementine(s)- 39 cals

### Lunch

400 cals, 30g protein, 40g net carbs, 11g fat



**Chunky canned soup (non-creamy)**

1 can(s)- 247 cals



**Lowfat Greek yogurt**

1 container(s)- 155 cals

### Dinner

480 cals, 35g protein, 35g net carbs, 19g fat



**Tomato and avocado salad**

117 cals



**Unstuffed peppers**

364 cals

## Day 2

1269 cals ● 93g protein (29%) ● 46g fat (32%) ● 103g carbs (32%) ● 19g fiber (6%)

### Breakfast

275 cals, 17g protein, 14g net carbs, 15g fat



**Egg & guac sandwich**

1/2 sandwich(es)- 191 cals



**String cheese**

1 stick(s)- 83 cals

### Snacks

110 cals, 11g protein, 14g net carbs, 1g fat



**Beef jerky**

73 cals



**Clementine**

1 clementine(s)- 39 cals

### Lunch

400 cals, 30g protein, 40g net carbs, 11g fat



**Chunky canned soup (non-creamy)**

1 can(s)- 247 cals



**Lowfat Greek yogurt**

1 container(s)- 155 cals

### Dinner

480 cals, 35g protein, 35g net carbs, 19g fat



**Tomato and avocado salad**

117 cals



**Unstuffed peppers**

364 cals

## Day 3

1315 cals ● 113g protein (34%) ● 39g fat (26%) ● 99g carbs (30%) ● 30g fiber (9%)

### Breakfast

160 cals, 14g protein, 4g net carbs, 10g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Boiled eggs**

2 egg(s)- 139 cals

### Snacks

110 cals, 11g protein, 14g net carbs, 1g fat



**Beef jerky**

73 cals



**Clementine**

1 clementine(s)- 39 cals

### Lunch

510 cals, 36g protein, 53g net carbs, 11g fat



**Southwest shrimp & black bean bowl**

369 cals



**Tortilla chips**

141 cals

### Dinner

535 cals, 52g protein, 29g net carbs, 17g fat



**Easy chickpea salad**

234 cals



**Baked chicken with tomatoes & olives**

6 oz- 300 cals

## Day 4

1366 cals ● 107g protein (31%) ● 42g fat (28%) ● 106g carbs (31%) ● 35g fiber (10%)

### Breakfast

160 cals, 14g protein, 4g net carbs, 10g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Boiled eggs**

2 egg(s)- 139 cals

### Snacks

165 cals, 5g protein, 20g net carbs, 4g fat



**Clementine**

2 clementine(s)- 78 cals



**Bell pepper strips and hummus**

85 cals

### Lunch

510 cals, 36g protein, 53g net carbs, 11g fat



**Southwest shrimp & black bean bowl**

369 cals



**Tortilla chips**

141 cals

### Dinner

535 cals, 52g protein, 29g net carbs, 17g fat



**Easy chickpea salad**

234 cals



**Baked chicken with tomatoes & olives**

6 oz- 300 cals

## Day 5

1288 cal ● 132g protein (41%) ● 55g fat (39%) ● 51g carbs (16%) ● 15g fiber (5%)

### Breakfast

160 cal, 14g protein, 4g net carbs, 10g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cal



**Boiled eggs**

2 egg(s)- 139 cal

### Snacks

165 cal, 5g protein, 20g net carbs, 4g fat



**Clementine**

2 clementine(s)- 78 cal



**Bell pepper strips and hummus**

85 cal

### Lunch

430 cal, 36g protein, 23g net carbs, 18g fat



**Olive oil drizzled sugar snap peas**

82 cal



**Lentils**

116 cal



**Ranch chicken**

4 oz- 230 cal

### Dinner

535 cal, 77g protein, 4g net carbs, 23g fat



**Sautéed garlic & herb tomatoes**

64 cal



**Balsamic chicken breast**

12 oz- 473 cal

## Day 6

1319 cal ● 93g protein (28%) ● 50g fat (34%) ● 108g carbs (33%) ● 16g fiber (5%)

### Breakfast

205 cal, 10g protein, 12g net carbs, 12g fat



**High-protein granola bar**

1 bar(s)- 204 cal

### Snacks

180 cal, 4g protein, 29g net carbs, 4g fat



**Frozen yogurt**

114 cal



**Strawberries**

1 1/4 cup(s)- 65 cal

### Lunch

430 cal, 36g protein, 23g net carbs, 18g fat



**Olive oil drizzled sugar snap peas**

82 cal



**Lentils**

116 cal



**Ranch chicken**

4 oz- 230 cal

### Dinner

510 cal, 43g protein, 43g net carbs, 16g fat



**Brown rice**

172 cal



**Chicken beet & carrot salad bowl**

337 cal

# Day 7

1289 cals ● 95g protein (29%) ● 43g fat (30%) ● 116g carbs (36%) ● 15g fiber (5%)

## Breakfast

205 cals, 10g protein, 12g net carbs, 12g fat



**High-protein granola bar**  
1 bar(s)- 204 cals

## Lunch

395 cals, 38g protein, 32g net carbs, 11g fat



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



**Salmon & artichoke salad**  
210 cals

## Snacks

180 cals, 4g protein, 29g net carbs, 4g fat



**Frozen yogurt**  
114 cals



**Strawberries**  
1 1/4 cup(s)- 65 cals

## Dinner

510 cals, 43g protein, 43g net carbs, 16g fat



**Brown rice**  
172 cals



**Chicken beet & carrot salad bowl**  
337 cals

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## Fats and Oils

- oil  
1 1/2 oz (46mL)
- olive oil  
1 oz (29mL)
- ranch dressing  
2 tbsp (30mL)
- balsamic vinaigrette  
2 1/2 oz (75mL)

## Other

- guacamole, store-bought  
2 tbsp (31g)
- diced tomatoes  
1/2 can(s) (210g)
- ranch dressing mix  
1/4 packet (1 oz) (7g)
- italian seasoning  
1/8 container (.75 oz) (3g)
- mixed greens  
1 1/2 cup (45g)

## Dairy and Egg Products

- eggs  
8 large (400g)
- string cheese  
2 stick (56g)
- lowfat flavored greek yogurt  
2 (5.3 oz) container(s) (300g)
- low fat cottage cheese (1% milkfat)  
3/4 cup (170g)

## Baked Products

- bread  
2 slice(s) (64g)

## Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)  
2 can (~19 oz) (1052g)
- apple cider vinegar  
2 1/2 tbsp (2mL)

## Vegetables and Vegetable Products

- onion  
1 medium (2-1/2" dia) (125g)

## Spices and Herbs

- garlic powder  
2 dash (1g)
- salt  
1/3 oz (8g)
- black pepper  
2 g (2g)
- balsamic vinegar  
1 tbsp (15mL)
- chili powder  
1 tbsp (7g)
- fresh basil  
12 leaves (6g)
- thyme, dried  
3 dash, leaves (0g)

## Beef Products

- ground beef (93% lean)  
9 1/2 oz (272g)

## Cereal Grains and Pasta

- long-grain white rice  
4 tbsp (46g)
- brown rice  
3/4 cup (137g)

## Snacks

- beef jerky  
3 oz (85g)
- tortilla chips  
2 oz (57g)
- high-protein granola bar  
2 bar (80g)

## Legumes and Legume Products

- chickpeas, canned  
1 can (448g)
- black beans  
2/3 can (293g)
- hummus  
1/3 cup (81g)
- lentils, raw  
1/3 cup (64g)

## Poultry Products

tomatoes  
7 1/3 medium whole (2-3/5" dia) (898g)

tomato puree  
4 oz (113g)

bell pepper  
2 1/2 medium (298g)

fresh parsley  
3 sprigs (3g)

frozen corn kernels  
1/3 cup (45g)

frozen sugar snap peas  
1 1/3 cup (192g)

garlic  
1/4 clove(s) (1g)

carrots  
3/4 medium (46g)

beets, precooked (canned or refrigerated)  
6 oz (170g)

artichokes, canned  
1/3 cup hearts (56g)

### Fruits and Fruit Juices

lime juice  
5 tsp (25mL)

avocados  
1/2 avocado(s) (101g)

clementines  
7 fruit (518g)

green olives  
12 large (53g)

strawberries  
2 1/2 cup, whole (360g)

boneless skinless chicken breast, raw  
2 3/4 lbs (1240g)

### Finfish and Shellfish Products

shrimp, raw  
1/2 lbs (227g)

canned salmon  
3 oz (85g)

### Beverages

water  
2 1/3 cup(s) (552mL)

### Sweets

frozen yogurt  
1 cup (174g)

honey  
1 tbsp (21g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Egg & guac sandwich

1/2 sandwich(es) - 191 cals ● 11g protein ● 10g fat ● 13g carbs ● 3g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**guacamole, store-bought**  
1 tbsp (15g)  
**eggs**  
1 large (50g)  
**bread**  
1 slice(s) (32g)

For all 2 meals:

**oil**  
1/2 tsp (3mL)  
**guacamole, store-bought**  
2 tbsp (31g)  
**eggs**  
2 large (100g)  
**bread**  
2 slice(s) (64g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

### String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

**string cheese**  
1 stick (28g)

For all 2 meals:

**string cheese**  
2 stick (56g)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### 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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### Boiled eggs

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



For single meal:

**eggs**

2 large (100g)

For all 3 meals:

**eggs**

6 large (300g)

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.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### High-protein granola bar

1 bar(s) - 204 cal ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

**high-protein granola bar**  
1 bar (40g)

For all 2 meals:

**high-protein granola bar**  
2 bar (80g)

1. This recipe has no instructions.

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Chunky canned soup (non-creamy)

1 can(s) - 247 cal ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**  
1 can (~19 oz) (526g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

### Lowfat Greek yogurt

1 container(s) - 155 cal ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

**lowfat flavored greek yogurt**  
1 (5.3 oz) container(s) (150g)

For all 2 meals:

**lowfat flavored greek yogurt**  
2 (5.3 oz) container(s) (300g)

1. This recipe has no instructions.

## Lunch 2 [↗](#)

Eat on day 3, day 4

### Southwest shrimp & black bean bowl

369 cals ● 34g protein ● 5g fat ● 35g carbs ● 12g fiber



For single meal:

**tomatoes, chopped**  
1/3 roma tomato (27g)  
**shrimp, raw, peeled and deveined**  
4 oz (113g)  
**black beans, rinsed and drained**  
1/3 can (146g)  
**frozen corn kernels**  
2 2/3 tbsp (23g)  
**brown rice**  
1 3/4 tbsp (21g)  
**chili powder**  
1/3 tsp (1g)  
**oil**  
1/4 tbsp (3mL)  
**lime juice**  
1 tsp (5mL)  
**apple cider vinegar**  
2/3 tbsp (0mL)

For all 2 meals:

**tomatoes, chopped**  
2/3 roma tomato (53g)  
**shrimp, raw, peeled and deveined**  
1/2 lbs (227g)  
**black beans, rinsed and drained**  
2/3 can (293g)  
**frozen corn kernels**  
1/3 cup (45g)  
**brown rice**  
1/4 cup (42g)  
**chili powder**  
1/4 tbsp (2g)  
**oil**  
1/2 tbsp (7mL)  
**lime juice**  
2 tsp (10mL)  
**apple cider vinegar**  
1 1/3 tbsp (1mL)

1. Cook the rice according to its package. Add in corn and black beans while the rice is still hot and set aside. Let cool.
2. Heat a skillet over medium heat with half of the oil (reserving the rest for later). Add the shrimp and cook a couple minutes on each side until shrimp is opaque and fully cooked. Set aside.
3. In a small bowl, mix together the apple cider vinegar, lime juice, remaining oil, chili powder, and a dash of salt.
4. Mix together the rice mixture, shrimp, and tomatoes. Pour the sauce on top and serve.

### Tortilla chips

141 cals ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber



For single meal:

**tortilla chips**  
1 oz (28g)

For all 2 meals:

**tortilla chips**  
2 oz (57g)

1. This recipe has no instructions.

## Lunch 3 [↗](#)

Eat on day 5, day 6

### Olive oil drizzled sugar snap peas

82 cals ● 3g protein ● 5g fat ● 4g carbs ● 3g fiber



For single meal:

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**frozen sugar snap peas**  
2/3 cup (96g)  
**olive oil**  
1 tsp (5mL)

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen sugar snap peas**  
1 1/3 cup (192g)  
**olive oil**  
2 tsp (10mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

### Lentils

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



For single meal:

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

For all 2 meals:

**salt**  
2/3 dash (1g)  
**water**  
1 1/3 cup(s) (316mL)  
**lentils, raw, rinsed**  
1/3 cup (64g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

### Ranch chicken

4 oz - 230 cals ● 25g protein ● 13g fat ● 3g carbs ● 0g fiber



For single meal:

**ranch dressing mix**  
 1/8 packet (1 oz) (4g)  
**oil**  
 1/4 tbsp (4mL)  
**boneless skinless chicken breast, raw**  
 4 oz (112g)  
**ranch dressing**  
 1 tbsp (15mL)

For all 2 meals:

**ranch dressing mix**  
 1/4 packet (1 oz) (7g)  
**oil**  
 1/2 tbsp (8mL)  
**boneless skinless chicken breast, raw**  
 1/2 lbs (224g)  
**ranch dressing**  
 2 tbsp (30mL)

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

## Lunch 4 [🔗](#)

Eat on day 7

### Cottage cheese & honey

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



Makes 3/4 cup(s)

**honey**  
 1 tbsp (21g)  
**low fat cottage cheese (1% milkfat)**  
 3/4 cup (170g)

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

### Salmon & artichoke salad

210 cal ● 17g protein ● 10g fat ● 10g carbs ● 5g fiber



**balsamic vinaigrette**  
 2 tbsp (30mL)  
**tomatoes, halved**  
 1/3 cup cherry tomatoes (50g)  
**mixed greens**  
 1 1/2 cup (45g)  
**artichokes, canned**  
 1/3 cup hearts (56g)  
**canned salmon**  
 3 oz (85g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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### Beef jerky

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



For single meal:

**beef jerky**  
1 oz (28g)

For all 3 meals:

**beef jerky**  
3 oz (85g)

1. This recipe has no instructions.
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### Clementine

1 clementine(s) - 39 cal ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

**clementines**  
1 fruit (74g)

For all 3 meals:

**clementines**  
3 fruit (222g)

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

Eat on day 4, day 5

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### Clementine

2 clementine(s) - 78 cal ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

**clementines**  
2 fruit (148g)

For all 2 meals:

**clementines**  
4 fruit (296g)

1. This recipe has no instructions.
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Bell pepper strips and hummus



85 cals ● 4g protein ● 4g fat ● 5g carbs ● 3g fiber



For single meal:

**hummus**  
2 1/2 tbsp (41g)  
**bell pepper**  
1/2 medium (60g)

For all 2 meals:

**hummus**  
1/3 cup (81g)  
**bell pepper**  
1 medium (119g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Frozen yogurt

114 cals ● 3g protein ● 3g fat ● 19g carbs ● 0g fiber



For single meal:

**frozen yogurt**  
1/2 cup (87g)

For all 2 meals:

**frozen yogurt**  
1 cup (174g)

1. This recipe has no instructions.

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### Strawberries

1 1/4 cup(s) - 65 cals ● 1g protein ● 1g fat ● 10g carbs ● 4g fiber



For single meal:

**strawberries**  
1 1/4 cup, whole (180g)

For all 2 meals:

**strawberries**  
2 1/2 cup, whole (360g)

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

Eat on day 1, day 2

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### Tomato and avocado salad

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



For single meal:

**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)

For all 2 meals:

**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)

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.

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### Unstuffed peppers

364 cal ● 33g protein ● 10g fat ● 32g carbs ● 4g fiber



For single meal:

**ground beef (93% lean)**  
5 oz (136g)  
**tomato puree**  
2 oz (57g)  
**diced tomatoes**  
1/4 can(s) (105g)  
**bell pepper, chopped**  
3/4 medium (89g)  
**onion, chopped**  
1/4 large (38g)  
**long-grain white rice**  
2 tbsp (23g)

For all 2 meals:

**ground beef (93% lean)**  
9 1/2 oz (272g)  
**tomato puree**  
4 oz (113g)  
**diced tomatoes**  
1/2 can(s) (210g)  
**bell pepper, chopped**  
1 1/2 medium (179g)  
**onion, chopped**  
1/2 large (75g)  
**long-grain white rice**  
4 tbsp (46g)

1. Cook rice according to package instructions. Set aside.
  2. Add beef, onions, and peppers to a skillet over medium heat and cook for about 10 minutes. Meat should be browned and vegetables lightly softened.
  3. Mix in tomato puree, diced tomatoes, and the rice. Cover and cook for 10 more minutes. Season with a some salt and pepper and serve.
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## Dinner 2 [↗](#)

Eat on day 3, day 4

### Easy chickpea salad

234 cal ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



For single meal:

**fresh parsley, chopped**  
1 1/2 sprigs (2g)  
**apple cider vinegar**  
1/2 tbsp (0mL)  
**balsamic vinegar**  
1/2 tbsp (8mL)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)  
**onion, thinly sliced**  
1/4 small (18g)  
**chickpeas, canned, drained and rinsed**  
1/2 can (224g)

For all 2 meals:

**fresh parsley, chopped**  
3 sprigs (3g)  
**apple cider vinegar**  
1 tbsp (1mL)  
**balsamic vinegar**  
1 tbsp (15mL)  
**tomatoes, halved**  
1 cup cherry tomatoes (149g)  
**onion, thinly sliced**  
1/2 small (35g)  
**chickpeas, canned, drained and rinsed**  
1 can (448g)

1. Add all ingredients to a bowl and toss. Serve!

### Baked chicken with tomatoes & olives

6 oz - 300 cal ● 40g protein ● 12g fat ● 4g carbs ● 3g fiber



For single meal:

**tomatoes**  
6 cherry tomatoes (102g)  
**olive oil**  
1 tsp (5mL)  
**salt**  
2 dash (2g)  
**green olives**  
6 large (26g)  
**black pepper**  
2 dash (0g)  
**chili powder**  
1 tsp (3g)  
**boneless skinless chicken breast, raw**  
6 oz (170g)  
**fresh basil, shredded**  
6 leaves (3g)

For all 2 meals:

**tomatoes**  
12 cherry tomatoes (204g)  
**olive oil**  
2 tsp (10mL)  
**salt**  
4 dash (3g)  
**green olives**  
12 large (53g)  
**black pepper**  
4 dash (0g)  
**chili powder**  
2 tsp (5g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**fresh basil, shredded**  
12 leaves (6g)

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.



## Dinner 3 [↗](#)

Eat on day 5

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### Sauteed garlic & herb tomatoes

64 cal ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



**black pepper**

1/4 dash, ground (0g)

**olive oil**

1 tsp (6mL)

**garlic, minced**

1/4 clove(s) (1g)

**tomatoes**

1/4 pint, cherry tomatoes (75g)

**italian seasoning**

3 dash (1g)

**salt**

1 dash (1g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

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### Balsamic chicken breast

12 oz - 473 cal ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



Makes 12 oz

**italian seasoning**

3 dash (1g)

**oil**

1/2 tbsp (8mL)

**balsamic vinaigrette**

3 tbsp (45mL)

**boneless skinless chicken breast, raw**

3/4 lbs (340g)

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.
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## Dinner 4 [↗](#)

Eat on day 6, day 7

### Brown rice

172 cal ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



For single meal:

**brown rice**  
4 tbsp (48g)  
**salt**  
1 1/2 dash (1g)  
**water**  
1/2 cup(s) (119mL)  
**black pepper**  
1 1/2 dash, ground (0g)

For all 2 meals:

**brown rice**  
1/2 cup (95g)  
**salt**  
3 dash (2g)  
**water**  
1 cup(s) (237mL)  
**black pepper**  
3 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.

### Chicken beet & carrot salad bowl

337 cal ● 39g protein ● 15g fat ● 8g carbs ● 2g fiber



For single meal:

**boneless skinless chicken breast, raw, cubed**  
6 oz (168g)  
**apple cider vinegar**  
3/8 tsp (0mL)  
**thyme, dried**  
1 1/2 dash, leaves (0g)  
**oil**  
3/4 tbsp (11mL)  
**carrots, thinly sliced**  
3/8 medium (23g)  
**beets, precooked (canned or refrigerated), cubed**  
3 oz (85g)

For all 2 meals:

**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)

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.