

Meal Plan - 1400 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

1350 cals ● 91g protein (27%) ● 50g fat (33%) ● 119g carbs (35%) ● 16g fiber (5%)

Breakfast

255 cals, 14g protein, 19g net carbs, 10g fat



Grapes

102 cals



Veggie mason jar omelet

1 jar(s)- 155 cals

Snacks

155 cals, 17g protein, 10g net carbs, 4g fat



Clementine

1 clementine(s)- 39 cals



Tuna cucumber bites

115 cals

Lunch

515 cals, 31g protein, 51g net carbs, 18g fat



Classic steak

4 oz steak- 238 cals



Corn

277 cals

Dinner

425 cals, 28g protein, 39g net carbs, 17g fat



Milk

3/4 cup(s)- 112 cals



Turkey burgers

1 burger(s)- 313 cals

Day 2

1428 cals ● 102g protein (29%) ● 70g fat (44%) ● 80g carbs (22%) ● 16g fiber (5%)

Breakfast

255 cals, 14g protein, 19g net carbs, 10g fat



Grapes

102 cals



Veggie mason jar omelet

1 jar(s)- 155 cals

Snacks

155 cals, 17g protein, 10g net carbs, 4g fat



Clementine

1 clementine(s)- 39 cals



Tuna cucumber bites

115 cals

Lunch

485 cals, 30g protein, 15g net carbs, 33g fat



Milk

1 cup(s)- 149 cals



Basic chicken & spinach salad

152 cals



Pecans

1/4 cup- 183 cals

Dinner

535 cals, 40g protein, 36g net carbs, 23g fat



Philly cheesesteak lettuce wrap

1 lettuce wrap(s)- 223 cals



Lowfat Greek yogurt

2 container(s)- 310 cals

Day 3

1418 cals ● 105g protein (30%) ● 43g fat (28%) ● 127g carbs (36%) ● 24g fiber (7%)

Breakfast

250 cals, 13g protein, 22g net carbs, 10g fat



Pear

1 pear(s)- 113 cals



Boiled eggs

2 egg(s)- 139 cals

Snacks

210 cals, 21g protein, 25g net carbs, 1g fat



Apple

1 apple(s)- 105 cals



Power jello snack cups

1 snack cup(s)- 107 cals

Lunch

425 cals, 31g protein, 36g net carbs, 14g fat



Turkey & hummus deli sandwich

1 sandwich(es)- 349 cals



Simple mixed greens and tomato salad

76 cals

Dinner

530 cals, 39g protein, 45g net carbs, 19g fat



Caprese chicken

4 oz- 298 cals



Corn

231 cals

Day 4

1418 cals ● 105g protein (30%) ● 43g fat (28%) ● 127g carbs (36%) ● 24g fiber (7%)

Breakfast

250 cals, 13g protein, 22g net carbs, 10g fat



Pear

1 pear(s)- 113 cals



Boiled eggs

2 egg(s)- 139 cals

Snacks

210 cals, 21g protein, 25g net carbs, 1g fat



Apple

1 apple(s)- 105 cals



Power jello snack cups

1 snack cup(s)- 107 cals

Lunch

425 cals, 31g protein, 36g net carbs, 14g fat



Turkey & hummus deli sandwich

1 sandwich(es)- 349 cals



Simple mixed greens and tomato salad

76 cals

Dinner

530 cals, 39g protein, 45g net carbs, 19g fat



Caprese chicken

4 oz- 298 cals



Corn

231 cals

Day 5

1436 cal ● 107g protein (30%) ● 53g fat (33%) ● 105g carbs (29%) ● 27g fiber (8%)

Breakfast

315 cal, 11g protein, 34g net carbs, 12g fat



Pear

1 pear(s)- 113 cal



High-protein granola bar

1 bar(s)- 204 cal

Snacks

170 cal, 17g protein, 12g net carbs, 4g fat



Protein shake (milk)

129 cal



Carrot sticks

1 1/2 carrot(s)- 41 cal

Lunch

460 cal, 41g protein, 37g net carbs, 14g fat



Mashed sweet potatoes with butter

249 cal



Marinated chicken breast

6 oz- 212 cal

Dinner

490 cal, 39g protein, 22g net carbs, 23g fat



Pesto chicken & quinoa stuffed peppers

2 half pepper(s)- 367 cal



Tossed salad

121 cal

Day 6

1431 cal ● 102g protein (28%) ● 54g fat (34%) ● 113g carbs (32%) ● 21g fiber (6%)

Breakfast

315 cal, 11g protein, 34g net carbs, 12g fat



Pear

1 pear(s)- 113 cal



High-protein granola bar

1 bar(s)- 204 cal

Snacks

170 cal, 17g protein, 12g net carbs, 4g fat



Protein shake (milk)

129 cal



Carrot sticks

1 1/2 carrot(s)- 41 cal

Lunch

460 cal, 41g protein, 37g net carbs, 14g fat



Mashed sweet potatoes with butter

249 cal



Marinated chicken breast

6 oz- 212 cal

Dinner

485 cal, 33g protein, 30g net carbs, 24g fat



Sweet potato wedges

174 cal



Chipotle honey pork chops

309 cal

Day 7

1436 cals ● 94g protein (26%) ● 57g fat (36%) ● 114g carbs (32%) ● 21g fiber (6%)

Breakfast

315 cals, 11g protein, 34g net carbs, 12g fat



Pear

1 pear(s)- 113 cals



High-protein granola bar

1 bar(s)- 204 cals

Snacks

170 cals, 17g protein, 12g net carbs, 4g fat



Protein shake (milk)

129 cals



Carrot sticks

1 1/2 carrot(s)- 41 cals

Lunch

465 cals, 34g protein, 38g net carbs, 17g fat



Turkey-mixed veggies-quinoa bowl

392 cals



Milk

1/2 cup(s)- 75 cals

Dinner

485 cals, 33g protein, 30g net carbs, 24g fat



Sweet potato wedges

174 cals



Chipotle honey pork chops

309 cals

Fruits and Fruit Juices

- clementines
2 fruit (148g)
- grapes
3 1/2 cup (322g)
- pears
5 medium (890g)
- apples
2 medium (3" dia) (364g)

Finfish and Shellfish Products

- canned tuna
2 packet (148g)

Vegetables and Vegetable Products

- cucumber
5/8 cucumber (8-1/4") (188g)
- bell pepper
1 1/2 large (230g)
- onion
2/3 medium (2-1/2" dia) (76g)
- frozen corn kernels
5 1/3 cup (725g)
- ketchup
1/2 tbsp (9g)
- romaine lettuce
3/8 head (256g)
- fresh spinach
1 cup(s) (30g)
- tomatoes
2 1/4 medium whole (2-3/5" dia) (279g)
- carrots
5 medium (300g)
- red onion
1/8 medium (2-1/2" dia) (14g)
- sweet potatoes
3 1/3 sweetpotato, 5" long (700g)
- frozen mixed veggies
1/4 package (16 oz ea) (113g)

Dairy and Egg Products

- eggs
8 large (400g)
- whole milk
3 3/4 cup(s) (900mL)
- provolone cheese
1/2 slice(s) (14g)

Beef Products

- sirloin steak, raw
6 oz (170g)

Poultry Products

- ground turkey, raw
1/2 lbs (227g)
- boneless skinless chicken breast, raw
1 2/3 lbs (758g)

Soups, Sauces, and Gravies

- worcestershire sauce
1/2 tbsp (8mL)
- pesto sauce
2 oz (62g)

Spices and Herbs

- salt
1 tsp (6g)
- black pepper
1/4 tbsp, ground (2g)
- fresh basil
2 tbsp, chopped (5g)
- chipotle seasoning
4 dash (1g)

Baked Products

- hamburger buns
1 bun(s) (51g)
- bread
4 slice(s) (128g)

Other

- italian seasoning
5 dash (2g)
- mixed greens
4 cup (120g)
- sugar-free gelatin mix, flavored
1/2 package (5g)
- flavored quinoa mix
1/4 package (4.9 oz) (35g)

Nut and Seed Products

- pecans
4 tbsp, halves (25g)

- lowfat flavored greek yogurt**
2 (5.3 oz ea) container(s) (300g)
- nonfat greek yogurt, plain**
3/4 cup (210g)
- fresh mozzarella cheese**
2 oz (57g)
- mozzarella cheese, shredded**
4 tbsp (22g)
- butter**
4 tsp (18g)
- ghee**
2 tsp (9g)

Fats and Oils

- oil**
1 1/3 oz (41mL)
- cooking spray**
1 spray(s) , about 1/3 second each (0g)
- salad dressing**
2 1/2 oz (71mL)
- marinade sauce**
6 tbsp (91mL)
- olive oil**
1/2 tsp (3mL)

Sausages and Luncheon Meats

- turkey cold cuts**
1/2 lbs (227g)

Legumes and Legume Products

- hummus**
4 tbsp (60g)

Beverages

- protein powder**
2 1/2 oz (70g)
- water**
5 tbsp (77mL)

Cereal Grains and Pasta

- quinoa, uncooked**
1 tbsp (9g)

Snacks

- high-protein granola bar**
3 bar (120g)

Pork Products

- pork loin chops, boneless, raw**
10 oz (283g)

Sweets

- honey**
2 tsp (14g)
-

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Grapes

102 cal ● 1g protein ● 1g fat ● 16g carbs ● 6g fiber



For single meal:

grapes
1 3/4 cup (161g)

For all 2 meals:

grapes
3 1/2 cup (322g)

1. The recipe has no instructions.

Veggie mason jar omelet

1 jar(s) - 155 cal ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

eggs
2 large (100g)
bell pepper, chopped
1/2 small (37g)
onion, diced
1/4 small (18g)

For all 2 meals:

eggs
4 large (200g)
bell pepper, chopped
1 small (74g)
onion, diced
1/2 small (35g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Pear

1 pear(s) - 113 cal ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears
1 medium (178g)

For all 2 meals:

pears
2 medium (356g)

1. The recipe has no instructions.
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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 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.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears
1 medium (178g)

For all 3 meals:

pears
3 medium (534g)

1. The recipe has no instructions.
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High-protein granola bar

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



For single meal:

high-protein granola bar
1 bar (40g)

For all 3 meals:

high-protein granola bar
3 bar (120g)

1. The recipe has no instructions.
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Lunch 1 [↗](#)

Eat on day 1

Classic steak

4 oz steak - 238 cal ● 23g protein ● 16g fat ● 0g carbs ● 0g fiber



Makes 4 oz steak

oil

3/8 tsp (2mL)

sirloin steak, raw

4 oz (113g)

1. Sprinkle some salt and pepper (to taste) on the steak.
2. Heat a cast iron skillet to scalding hot. Add in the oil (preferably one with a high smoke point) and coat the pan.
3. Add in the steak (be careful to not get splattered) and let it sit for 2 minutes.
4. Use tongs to flip the steak, and let cook 2 more minutes.
5. At this point, you can flip the steak every 30-60 seconds, until the total cook time has reached 5-6 minutes (longer for thicker or more-well done steaks).
6. When internal temperature reaches desired level (medium rare: 140°F/60°C), remove pan from the heat, loosely cover, and let rest for 10 minutes. Serve.

Corn

277 cal ● 8g protein ● 2g fat ● 51g carbs ● 6g fiber



frozen corn kernels

2 cup (272g)

1. Prepare according to instructions on package.
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Lunch 2 [↗](#)

Eat on day 2

Milk

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



Makes 1 cup(s)

whole milk

1 cup(s) (240mL)

1. The recipe has no instructions.

Basic chicken & spinach salad

152 cal ● 20g protein ● 7g fat ● 2g carbs ● 1g fiber



fresh spinach

1 cup(s) (30g)

oil

1/2 tsp (3mL)

salad dressing

3/4 tbsp (11mL)

boneless skinless chicken breast, raw, chopped, cooked

3 oz (85g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

Pecans

1/4 cup - 183 cal ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

pecans

4 tbsp, halves (25g)

1. The recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 3 and day 4

Turkey & hummus deli sandwich

1 sandwich(es) - 349 cals ● 30g protein ● 9g fat ● 31g carbs ● 7g fiber



For single meal:

turkey cold cuts
4 oz (113g)
bread
2 slice(s) (64g)
hummus
2 tbsp (30g)
tomatoes
2 slice(s), thick/large (1/2" thick)
(54g)
mixed greens
1/2 cup (15g)
oil
1/4 tsp (1mL)

For all 2 meals:

turkey cold cuts
1/2 lbs (227g)
bread
4 slice(s) (128g)
hummus
4 tbsp (60g)
tomatoes
4 slice(s), thick/large (1/2" thick)
(108g)
mixed greens
1 cup (30g)
oil
1/2 tsp (3mL)

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.

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)
salad dressing
3 tbsp (45mL)

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

Lunch 4 [↗](#)

Eat on day 5 and day 6

Mashed sweet potatoes with butter

249 cal ● 3g protein ● 7g fat ● 36g carbs ● 6g fiber



For single meal:

sweet potatoes

1 sweetpotato, 5" long (210g)

butter

2 tsp (9g)

For all 2 meals:

sweet potatoes

2 sweetpotato, 5" long (420g)

butter

4 tsp (18g)

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, top with butter, and serve.

Marinated chicken breast

6 oz - 212 cal ● 38g protein ● 6g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

6 oz (168g)

marinade sauce

3 tbsp (45mL)

For all 2 meals:

boneless skinless chicken breast, raw

3/4 lbs (336g)

marinade sauce

6 tbsp (90mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
 2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
 3. BAKE
 4. Preheat the oven to 400 degrees F.
 5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
 6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
 7. BROIL/GRILL
 8. Preheat the oven to broil/grill.
 9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.
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Lunch 5 [↗](#)

Eat on day 7

Turkey-mixed veggies-quinoa bowl

392 cal ● 30g protein ● 13g fat ● 32g carbs ● 6g fiber



salt

1 dash (1g)

black pepper

1 dash, ground (0g)

ground turkey, raw

4 oz (113g)

flavored quinoa mix

1/4 package (4.9 oz) (35g)

frozen mixed veggies

1/4 package (16 oz ea) (113g)

olive oil

1/2 tsp (3mL)

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.

Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



Makes 1/2 cup(s)

whole milk

1/2 cup(s) (120mL)

1. The recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Clementine

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



For single meal:

clementines
1 fruit (74g)

For all 2 meals:

clementines
2 fruit (148g)

1. The recipe has no instructions.
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Tuna cucumber bites

115 cal ● 17g protein ● 4g fat ● 3g carbs ● 0g fiber



For single meal:

canned tuna
1 packet (74g)
cucumber, sliced
1/4 cucumber (8-1/4") (75g)

For all 2 meals:

canned tuna
2 packet (148g)
cucumber, sliced
1/2 cucumber (8-1/4") (151g)

1. Slice the cucumber and top slices with tuna.
 2. Season to taste with salt and pepper.
 3. Serve.
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Snacks 2 [↗](#)

Eat on day 3 and day 4

Apple

1 apple(s) - 105 cal ● 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. The recipe has no instructions.
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Power jello snack cups

1 snack cup(s) - 107 cal ● 21g protein ● 1g fat ● 4g carbs ● 0g fiber



For single meal:

sugar-free gelatin mix, flavored
1/4 package (2g)
protein powder
2 tbsp (12g)
nonfat greek yogurt, plain
6 tbsp (105g)
water
1/8 cup(s) (30mL)

For all 2 meals:

sugar-free gelatin mix, flavored
1/2 package (5g)
protein powder
4 tbsp (23g)
nonfat greek yogurt, plain
3/4 cup (210g)
water
1/4 cup(s) (59mL)

1. Mix water and gelatin together in a microwave-safe bowl and microwave for about 2 minutes until dissolved.
 2. Whisk in protein powder and greek yogurt and mix until smooth.
 3. Distribute evenly to snack cups (small bowls, containers, or cups); use amount of snack cups listed in the serving size of the recipe details. Cover with plastic wrap or lids and refrigerate until set, 1 hour. Serve.
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Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk

1/2 cup(s) (120mL)

protein powder

1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

whole milk

1 1/2 cup(s) (360mL)

protein powder

1 1/2 scoop (1/3 cup ea) (47g)

1. Mix until well-combined.
2. Serve.

Carrot sticks

1 1/2 carrot(s) - 41 cal ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

carrots

1 1/2 medium (92g)

For all 3 meals:

carrots

4 1/2 medium (275g)

1. Cut carrots into strips and serve.

Dinner 1 [↗](#)

Eat on day 1

Milk

3/4 cup(s) - 112 cal ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



Makes 3/4 cup(s)

whole milk

3/4 cup(s) (180mL)

1. The recipe has no instructions.

Turkey burgers

1 burger(s) - 313 cal ● 23g protein ● 11g fat ● 30g carbs ● 1g fiber



Makes 1 burger(s)

ground turkey, raw

4 oz (113g)

worcestershire sauce

1/2 tbsp (8mL)

ketchup

1/2 tbsp (9g)

salt

1 1/2 dash (1g)

black pepper

2 dash, ground (1g)

cooking spray

1 spray(s) , about 1/3 second each (0g)

hamburger buns

1 bun(s) (51g)

onion, diced

1/8 medium (2-1/2" dia) (14g)

1. In a bowl, combine the ground turkey, onion, Worcestershire sauce, ketchup, salt, and pepper. Mix thoroughly.
2. Shape the meat mixture into patties, making the number of burgers specified in the recipe servings.
3. Lightly coat a frying pan with cooking spray and heat over medium-high. Once hot, cook the patties for 4-5 minutes on each side until fully cooked.
4. Serve on buns with your choice of condiments.

Dinner 2 [↗](#)

Eat on day 2

Philly cheesesteak lettuce wrap

1 lettuce wrap(s) - 223 cal ● 16g protein ● 16g fat ● 4g carbs ● 1g fiber



Makes 1 lettuce wrap(s)

romaine lettuce

1 leaf inner (6g)

provolone cheese

1/2 slice(s) (14g)

italian seasoning

1 dash (0g)

oil

1 tsp (5mL)

sirloin steak, raw, cut into strips

2 oz (57g)

bell pepper, cut into strips

1/2 small (37g)

onion, sliced

1/4 medium (2-1/2" dia) (28g)

1. Heat oil in a skillet over medium heat. Add in beef and cook until browned and fully cooked, about 5-10 minutes. Remove beef from skillet and set aside.
 2. Add onions and peppers to the skillet with any remaining beef juices and fry until vegetables are tender, about 10 minutes.
 3. Drain any remaining liquid and add the beef back to the pan. Add the cheese and stir until cheese has melted throughout. Season with italian seasoning and salt/pepper to taste.
 4. Scoop beef mixture into lettuce leaves and serve.
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Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



Makes 2 container(s)

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

1. The recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 3 and day 4

Caprese chicken

4 oz - 298 cals ● 32g protein ● 17g fat ● 2g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw
4 oz (112g)
fresh basil
1 tbsp, chopped (3g)
oil
1/2 tsp (3mL)
pesto sauce
1 tbsp (16g)
italian seasoning
2 dash (1g)
fresh mozzarella cheese, sliced
1 oz (28g)
tomatoes, quartered
1 1/2 cherry tomatoes (26g)

For all 2 meals:

boneless skinless chicken breast, raw
1/2 lbs (224g)
fresh basil
2 tbsp, chopped (5g)
oil
1 tsp (5mL)
pesto sauce
2 tbsp (32g)
italian seasoning
4 dash (2g)
fresh mozzarella cheese, sliced
2 oz (57g)
tomatoes, quartered
3 cherry tomatoes (51g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

Corn

231 cals ● 7g protein ● 2g fat ● 42g carbs ● 5g fiber



For single meal:
frozen corn kernels
1 2/3 cup (227g)

For all 2 meals:
frozen corn kernels
3 1/3 cup (453g)

1. Prepare according to instructions on package.

Dinner 4 [↗](#)

Eat on day 5

Pesto chicken & quinoa stuffed peppers

2 half pepper(s) - 367 cals ● 34g protein ● 19g fat ● 12g carbs ● 3g fiber



Makes 2 half pepper(s)

bell pepper

1 medium (119g)

mozzarella cheese, shredded

4 tbsp (22g)

pesto sauce

1/6 jar (6.25 oz) (30g)

quinoa, uncooked

2 2/3 tsp (9g)

boneless skinless chicken breast, raw

4 oz (113g)

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. Cook quinoa according to package. Should yield about 1 cup of cooked quinoa. Set aside.
4. Meanwhile, turn on broiler and place bell peppers under broiler for 5 minutes until skin blisters and blackens. Remove and set aside.
5. Preheat oven to 350 F (180 C).
6. In a medium bowl mix the quinoa, chicken, cheese, and pesto together.
7. When peppers have cooled, cut in half and remove seeds.
8. Fill pepper halves with chicken mixture and top with cheese.
9. Bake for 10 minutes. Serve.

Tossed salad

121 cal ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



romaine lettuce, shredded

1/2 hearts (250g)

tomatoes, diced

1/2 small whole (2-2/5" dia) (46g)

salad dressing

1 tbsp (15mL)

red onion, sliced

1/8 medium (2-1/2" dia) (14g)

cucumber, sliced or diced

1/8 cucumber (8-1/4") (38g)

carrots, peeled and shredded or sliced

1/2 small (5-1/2" long) (25g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Sweet potato wedges

174 cal ● 2g protein ● 6g fat ● 24g carbs ● 4g fiber



For single meal:

oil
1/2 tbsp (8mL)
salt
1/3 tsp (2g)
black pepper
1 1/3 dash, ground (0g)
sweet potatoes, cut into wedges
2/3 sweetpotato, 5" long (140g)

For all 2 meals:

oil
1 tbsp (15mL)
salt
1/4 tbsp (4g)
black pepper
1/3 tsp, ground (1g)
sweet potatoes, cut into wedges
1 1/3 sweetpotato, 5" long (280g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
 2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
 3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.
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Chipotle honey pork chops

309 cal ● 31g protein ● 18g fat ● 6g carbs ● 0g fiber



For single meal:

ghee
1 tsp (5g)
pork loin chops, boneless, raw
5 oz (142g)
honey
1 tsp (7g)
chipotle seasoning
2 dash (1g)
water
1/2 tbsp (8mL)
oil
1 tsp (5mL)

For all 2 meals:

ghee
2 tsp (9g)
pork loin chops, boneless, raw
10 oz (283g)
honey
2 tsp (14g)
chipotle seasoning
4 dash (1g)
water
1 tbsp (15mL)
oil
2 tsp (10mL)

1. Pat pork dry and season with some salt and pepper.
 2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
 3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
 4. Slice pork and top with chipotle honey sauce. Serve.
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