

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

1457 cals ● 105g protein (29%) ● 76g fat (47%) ● 65g carbs (18%) ● 24g fiber (6%)

Breakfast

260 cals, 14g protein, 4g net carbs, 19g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Egg in an eggplant](#)

241 cals

Snacks

185 cals, 11g protein, 10g net carbs, 10g fat



[Tuna cucumber bites](#)

58 cals



[Walnuts](#)

1/8 cup(s)- 87 cals



[Clementine](#)

1 clementine(s)- 39 cals

Lunch

530 cals, 43g protein, 44g net carbs, 17g fat



[Cottage cheese & fruit cup](#)

1 container- 131 cals



[Avocado tuna salad sandwich](#)

1 sandwich(es)- 370 cals



[Cucumber slices](#)

1/2 cucumber- 30 cals

Dinner

480 cals, 36g protein, 7g net carbs, 30g fat



[Avocado tuna salad](#)

327 cals



[Roasted peanuts](#)

1/6 cup(s)- 153 cals

Day 2

1468 cals ● 111g protein (30%) ● 62g fat (38%) ● 95g carbs (26%) ● 23g fiber (6%)

Breakfast

260 cals, 14g protein, 4g net carbs, 19g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Egg in an eggplant

241 cals

Snacks

185 cals, 11g protein, 10g net carbs, 10g fat



Tuna cucumber bites

58 cals



Walnuts

1/8 cup(s)- 87 cals



Clementine

1 clementine(s)- 39 cals

Lunch

530 cals, 43g protein, 44g net carbs, 17g fat



Cottage cheese & fruit cup

1 container- 131 cals



Avocado tuna salad sandwich

1 sandwich(es)- 370 cals



Cucumber slices

1/2 cucumber- 30 cals

Dinner

490 cals, 42g protein, 37g net carbs, 16g fat



Almond crusted tilapia

4 1/2 oz- 318 cals



Lentils

174 cals

Day 3

1475 cals ● 109g protein (30%) ● 68g fat (42%) ● 87g carbs (24%) ● 19g fiber (5%)

Breakfast

295 cals, 22g protein, 15g net carbs, 15g fat



Eggs with tomato and avocado

163 cals



Cottage cheese & fruit cup

1 container- 131 cals

Snacks

185 cals, 11g protein, 10g net carbs, 10g fat



Tuna cucumber bites

58 cals



Walnuts

1/8 cup(s)- 87 cals



Clementine

1 clementine(s)- 39 cals

Lunch

505 cals, 34g protein, 25g net carbs, 28g fat



Ham, bacon, avocado wrap

1 wrap(s)- 507 cals

Dinner

490 cals, 42g protein, 37g net carbs, 16g fat



Almond crusted tilapia

4 1/2 oz- 318 cals



Lentils

174 cals

Day 4

1463 cals ● 127g protein (35%) ● 71g fat (43%) ● 66g carbs (18%) ● 14g fiber (4%)

Breakfast

295 cals, 22g protein, 15g net carbs, 15g fat



Eggs with tomato and avocado
163 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

170 cals, 6g protein, 8g net carbs, 11g fat



Roasted almonds
1/8 cup(s)- 111 cals



Toast with butter
1/2 slice(s)- 57 cals

Lunch

505 cals, 34g protein, 25g net carbs, 28g fat



Ham, bacon, avocado wrap
1 wrap(s)- 507 cals

Dinner

495 cals, 65g protein, 19g net carbs, 17g fat



Lemon pepper chicken breast
10 oz- 370 cals



Buttery brown rice
125 cals

Day 5

1432 cals ● 103g protein (29%) ● 58g fat (37%) ● 107g carbs (30%) ● 17g fiber (5%)

Breakfast

295 cals, 22g protein, 15g net carbs, 15g fat



Eggs with tomato and avocado
163 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

170 cals, 6g protein, 8g net carbs, 11g fat



Roasted almonds
1/8 cup(s)- 111 cals



Toast with butter
1/2 slice(s)- 57 cals

Lunch

445 cals, 23g protein, 33g net carbs, 23g fat



Roasted peanuts
1/8 cup(s)- 115 cals



Pretzels
138 cals



Simple cobb salad
195 cals

Dinner

525 cals, 53g protein, 51g net carbs, 10g fat



Chicken-broccoli-rice bowl
524 cals

Day 6

1367 cals ● 100g protein (29%) ● 58g fat (38%) ● 88g carbs (26%) ● 24g fiber (7%)

Breakfast

205 cals, 6g protein, 20g net carbs, 9g fat



[Avocado toast](#)
1 slice(s)- 168 cals



[Clementine](#)
1 clementine(s)- 39 cals

Snacks

230 cals, 13g protein, 11g net carbs, 13g fat



[Blackberry & granola parfait](#)
115 cals



[Roasted peanuts](#)
1/8 cup(s)- 115 cals

Lunch

490 cals, 54g protein, 29g net carbs, 14g fat



[Lentils](#)
174 cals



[Olive oil drizzled broccoli](#)
1 1/2 cup(s)- 105 cals



[Marinated chicken breast](#)
6 oz- 212 cals

Dinner

440 cals, 28g protein, 27g net carbs, 22g fat



[Ranch chicken](#)
4 oz- 230 cals



[Roasted rosemary sweet potatoes](#)
210 cals

Day 7

1367 cals ● 100g protein (29%) ● 58g fat (38%) ● 88g carbs (26%) ● 24g fiber (7%)

Breakfast

205 cals, 6g protein, 20g net carbs, 9g fat



[Avocado toast](#)
1 slice(s)- 168 cals



[Clementine](#)
1 clementine(s)- 39 cals

Snacks

230 cals, 13g protein, 11g net carbs, 13g fat



[Blackberry & granola parfait](#)
115 cals



[Roasted peanuts](#)
1/8 cup(s)- 115 cals

Lunch

490 cals, 54g protein, 29g net carbs, 14g fat



[Lentils](#)
174 cals



[Olive oil drizzled broccoli](#)
1 1/2 cup(s)- 105 cals



[Marinated chicken breast](#)
6 oz- 212 cals

Dinner

440 cals, 28g protein, 27g net carbs, 22g fat



[Ranch chicken](#)
4 oz- 230 cals



[Roasted rosemary sweet potatoes](#)
210 cals

Vegetables and Vegetable Products

- ☐ tomatoes
2 3/4 medium whole (2-3/5" dia) (337g)
- ☐ eggplant
4 1 inch (2.5 cm) slice(s) (240g)
- ☐ onion
1/2 small (31g)
- ☐ cucumber
1 1/2 cucumber (8-1/4") (414g)
- ☐ romaine lettuce
1 1/2 cup shredded (71g)
- ☐ frozen broccoli
14 oz (391g)
- ☐ sweet potatoes
1 1/3 sweetpotato, 5" long (280g)

Dairy and Egg Products

- ☐ eggs
8 1/2 medium (372g)
- ☐ cheese
4 tbsp, shredded (28g)
- ☐ butter
1/8 stick (10g)
- ☐ blue cheese
2 tbsp, crumbled, not packed (17g)
- ☐ lowfat greek yogurt
1/2 cup (140g)

Fats and Oils

- ☐ oil
1 oz (27mL)
- ☐ olive oil
1 3/4 oz (55mL)
- ☐ balsamic vinaigrette
1 tbsp (14mL)
- ☐ marinade sauce
6 tbsp (91mL)
- ☐ ranch dressing
2 tbsp (30mL)

Other

- ☐ cottage cheese & fruit cup
5 container (850g)
- ☐ mixed greens
3/4 cup (23g)
- ☐ ranch dressing mix
1/4 packet (1 oz) (7g)

Fruits and Fruit Juices

- ☐ lime juice
1 3/4 tsp (9mL)
- ☐ avocados
2 1/2 avocado(s) (528g)
- ☐ clementines
5 fruit (370g)
- ☐ blackberries
4 tbsp (36g)

Finfish and Shellfish Products

- ☐ canned tuna
2 1/2 can (412g)
- ☐ tilapia, raw
1/2 lbs (252g)

Baked Products

- ☐ bread
7 slice (224g)
- ☐ flour tortillas
2 tortilla (approx 7-8" dia) (98g)

Legumes and Legume Products

- ☐ roasted peanuts
1/2 cup (79g)
- ☐ lentils, raw
1 cup (192g)

Nut and Seed Products

- ☐ walnuts
6 tbsp, shelled (38g)
- ☐ almonds
2 2/3 oz (76g)

Cereal Grains and Pasta

- ☐ all-purpose flour
1/4 cup(s) (31g)
- ☐ brown rice
2 tbsp (24g)

Beverages

- ☐ water
4 1/4 cup(s) (1007mL)

Pork Products

Spices and Herbs

- ☐ black pepper
3 g (3g)
- ☐ salt
10 1/2 g (10g)
- ☐ fresh basil
3 leaves (2g)
- ☐ lemon pepper
2 tsp (4g)
- ☐ rosemary, dried
2 tsp (2g)

- ☐ bacon
4 slice(s) (40g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
9 1/2 oz (269g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
2 1/4 lbs (1027g)

Snacks

- ☐ pretzels, hard, salted
1 1/4 oz (35g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
3/8 pouch (~5.6 oz) (66g)

Breakfast Cereals

- ☐ granola
4 tbsp (23g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

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 2 meals:

tomatoes

12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.

Egg in an eggplant

241 cals ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



For single meal:

eggs

2 large (100g)

eggplant

2 1 inch (2.5 cm) slice(s) (120g)

oil

2 tsp (10mL)

For all 2 meals:

eggs

4 large (200g)

eggplant

4 1 inch (2.5 cm) slice(s) (240g)

oil

4 tsp (20mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Eggs with tomato and avocado

163 cals ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

tomatoes

1 slice(s), thick/large (1/2" thick)
(27g)

eggs

1 large (50g)

avocados, sliced

1/4 avocado(s) (50g)

salt

1 dash (0g)

black pepper

1 dash (0g)

fresh basil, chopped

1 leaves (1g)

For all 3 meals:

tomatoes

3 slice(s), thick/large (1/2" thick)
(81g)

eggs

3 large (150g)

avocados, sliced

3/4 avocado(s) (151g)

salt

3 dash (1g)

black pepper

3 dash (0g)

fresh basil, chopped

3 leaves (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. 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 3 meals:

cottage cheese & fruit cup

3 container (510g)

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

Breakfast 3 [↗](#)

Eat on day 6, day 7

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread

1 slice (32g)

avocados, ripe, sliced

1/4 avocado(s) (50g)

For all 2 meals:

bread

2 slice (64g)

avocados, ripe, sliced

1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Clementine

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



For single meal:

clementines

1 fruit (74g)

For all 2 meals:

clementines

2 fruit (148g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1, day 2

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.

Avocado tuna salad sandwich

1 sandwich(es) - 370 cals ● 28g protein ● 14g fat ● 25g carbs ● 7g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
lime juice
1/2 tsp (3mL)
avocados
1/4 avocado(s) (50g)
canned tuna, drained
1/2 can (86g)
bread
2 slice (64g)
onion, minced
1/8 small (9g)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
lime juice
1 tsp (5mL)
avocados
1/2 avocado(s) (101g)
canned tuna, drained
1 can (172g)
bread
4 slice (128g)
onion, minced
1/4 small (18g)

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.

Cucumber slices

1/2 cucumber - 30 cals ● 2g protein ● 0g fat ● 5g carbs ● 1g fiber



For single meal:

cucumber
1/2 cucumber (8-1/4") (151g)

For all 2 meals:

cucumber
1 cucumber (8-1/4") (301g)

1. Slice cucumber into rounds and serve.
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Lunch 2 [↗](#)

Eat on day 3, day 4

Ham, bacon, avocado wrap

1 wrap(s) - 507 cals ● 34g protein ● 28g fat ● 25g carbs ● 5g fiber



For single meal:

avocados, sliced

1/4 avocado(s) (50g)

bacon

2 slice(s) (20g)

ham cold cuts

4 oz (113g)

flour tortillas

1 tortilla (approx 7-8" dia) (49g)

cheese

2 tbsp, shredded (14g)

For all 2 meals:

avocados, sliced

1/2 avocado(s) (101g)

bacon

4 slice(s) (40g)

ham cold cuts

1/2 lbs (227g)

flour tortillas

2 tortilla (approx 7-8" dia) (98g)

cheese

4 tbsp, shredded (28g)

1. Cook the bacon according to the directions on its packaging.
2. Place the ham, bacon, avocado, and cheese in the middle of the tortilla and wrap it up. Serve.

Lunch 3 [↗](#)

Eat on day 5

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

roasted peanuts

2 tbsp (18g)

1. This recipe has no instructions.

Pretzels

138 cals ● 4g protein ● 1g fat ● 27g carbs ● 1g fiber



pretzels, hard, salted

1 1/4 oz (35g)

1. This recipe has no instructions.

Simple cobb salad

195 cals ● 15g protein ● 13g fat ● 4g carbs ● 2g fiber



ham cold cuts, shredded
1 1/2 oz (43g)
eggs, hard boiled and quartered
1/2 medium (22g)
romaine lettuce
1 1/2 cup shredded (71g)
blue cheese
2 tbsp, crumbled, not packed (17g)
tomatoes
2 tbsp cherry tomatoes (19g)
balsamic vinaigrette
1 tbsp (15mL)

1. Mix ingredients together in a large bowl.
2. Dress when ready to serve.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:

salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

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.

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen broccoli
1 1/2 cup (137g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
olive oil
1 tbsp (15mL)

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

Marinated chicken breast

6 oz - 212 cals ● 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 mash 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.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Tuna cucumber bites

58 cal ● 8g protein ● 2g fat ● 1g carbs ● 0g fiber



For single meal:

cucumber, sliced
1/8 cucumber (8-1/4") (38g)
canned tuna
1/2 packet (37g)

For all 3 meals:

cucumber, sliced
3/8 cucumber (8-1/4") (113g)
canned tuna
1 1/2 packet (111g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

Walnuts

1/8 cup(s) - 87 cal ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

2 tbsp, shelled (13g)

For all 3 meals:

walnuts

6 tbsp, shelled (38g)

1. This recipe has no instructions.

Clementine

1 clementine(s) - 39 cals ● 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.

Snacks 2 [↗](#)

Eat on day 4, day 5

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds

2 tbsp, whole (18g)

For all 2 meals:

almonds

4 tbsp, whole (36g)

1. This recipe has no instructions.

Toast with butter

1/2 slice(s) - 57 cals ● 2g protein ● 2g fat ● 6g carbs ● 1g fiber



For single meal:

butter
4 dash (2g)
bread
1/2 slice (16g)

For all 2 meals:

butter
1 tsp (5g)
bread
1 slice (32g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

Snacks 3 [↗](#)

Eat on day 6, day 7

Blackberry & granola parfait

115 cals ● 9g protein ● 4g fat ● 9g carbs ● 2g fiber



For single meal:

blackberries, roughly chopped
2 tbsp (18g)
lowfat greek yogurt
4 tbsp (70g)
granola
2 tbsp (11g)

For all 2 meals:

blackberries, roughly chopped
4 tbsp (36g)
lowfat greek yogurt
1/2 cup (140g)
granola
4 tbsp (23g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 2 meals:

roasted peanuts
4 tbsp (37g)

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

Eat on day 1

Avocado tuna salad

327 cals ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber

**avocados**

3/8 avocado(s) (75g)

lime juice

1/4 tbsp (4mL)

salt

3/4 dash (0g)

black pepper

3/4 dash (0g)

mixed greens

3/4 cup (23g)

onion, minced

1/6 small (13g)

canned tuna

3/4 can (129g)

tomatoes

3 tbsp, chopped (34g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Roasted peanuts

1/6 cup(s) - 153 cals ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber

Makes 1/6 cup(s)

roasted peanuts

2 2/3 tbsp (24g)



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

Eat on day 2, day 3

Almond crusted tilapia

4 1/2 oz - 318 cals ● 31g protein ● 15g fat ● 12g carbs ● 3g fiber



For single meal:

tilapia, raw
1/4 lbs (126g)
almonds
3 tbsp, slivered (20g)
all-purpose flour
1/8 cup(s) (16g)
salt
3/4 dash (0g)
olive oil
1 tsp (6mL)

For all 2 meals:

tilapia, raw
1/2 lbs (252g)
almonds
6 tbsp, slivered (41g)
all-purpose flour
1/4 cup(s) (31g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:

salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

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.
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Dinner 3 [↗](#)

Eat on day 4

Lemon pepper chicken breast

10 oz - 370 cals ● 64g protein ● 12g fat ● 2g carbs ● 1g fiber



Makes 10 oz

lemon pepper

2 tsp (4g)

olive oil

1 tsp (5mL)

boneless skinless chicken breast, raw

10 oz (280g)

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.

Buttery brown rice

125 cals ● 2g protein ● 5g fat ● 17g carbs ● 1g fiber



butter
1 tsp (5g)
brown rice
2 tbsp (24g)
salt
3/4 dash (1g)
water
1/4 cup(s) (59mL)
black pepper
3/4 dash, ground (0g)

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, mix in butter, and season with salt and pepper.

Dinner 4 [↗](#)

Eat on day 5

Chicken-broccoli-rice bowl

524 cals ● 53g protein ● 10g fat ● 51g carbs ● 6g fiber



boneless skinless chicken breast, raw
6 2/3 oz (187g)
frozen broccoli
3/8 package (118g)
flavored rice mix
3/8 pouch (~5.6 oz) (66g)
salt
1/4 tsp (1g)
black pepper
1/4 tsp, ground (0g)
olive oil
1 tsp (4mL)

1. Cut the chicken breast into small cubes (0.5 - 1 inches) and sautee in olive oil over medium heat until cooked through. Season with salt and pepper (or any other seasonings) to taste.
 2. Meanwhile, prepare the rice mix and broccoli according to the instructions on the packages.
 3. When everything is ready mix it all together and serve.
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Dinner 5 [🔗](#)

Eat on day 6, day 7

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.

Roasted rosemary sweet potatoes

210 cals ● 2g protein ● 9g fat ● 25g carbs ● 5g fiber



For single meal:

sweet potatoes, cut into 1" cubes

2/3 sweetpotato, 5" long (140g)

rosemary, dried

1 tsp (1g)

olive oil

2 tsp (10mL)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

For all 2 meals:

sweet potatoes, cut into 1" cubes

1 1/3 sweetpotato, 5" long (280g)

rosemary, dried

2 tsp (2g)

olive oil

4 tsp (20mL)

salt

1/4 tbsp (4g)

black pepper

1/4 tbsp, ground (2g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.