

Meal Plan - 1600 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

1631 cals ● 113g protein (28%) ● 63g fat (35%) ● 132g carbs (32%) ● 22g fiber (5%)

Breakfast

315 cals, 15g protein, 20g net carbs, 18g fat



[Herb & onion frittata](#)
153 cals



[Toast with butter](#)
1 slice(s)- 114 cals



[Simple sauteed spinach](#)
50 cals

Snacks

210 cals, 13g protein, 28g net carbs, 3g fat



[Cottage cheese & fruit cup](#)
1 container- 107 cals



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals



[Nectarine](#)
1 nectarine(s)- 70 cals

Lunch

535 cals, 66g protein, 19g net carbs, 19g fat



[Lentils](#)
87 cals



[Baked chicken with tomatoes & olives](#)
9 oz- 449 cals

Dinner

570 cals, 20g protein, 66g net carbs, 23g fat



[Spinach parmesan pasta](#)
488 cals



[Simple kale salad](#)
1 1/2 cup(s)- 83 cals

Day 2

1551 cal ● 101g protein (26%) ● 70g fat (40%) ● 112g carbs (29%) ● 18g fiber (5%)

Breakfast

315 cal, 15g protein, 20g net carbs, 18g fat



Herb & onion frittata

153 cal



Toast with butter

1 slice(s)- 114 cal



Simple sauteed spinach

50 cal

Snacks

210 cal, 13g protein, 28g net carbs, 3g fat



Cottage cheese & fruit cup

1 container- 107 cal



Cherry tomatoes

9 cherry tomatoes- 32 cal



Nectarine

1 nectarine(s)- 70 cal

Lunch

525 cal, 34g protein, 43g net carbs, 20g fat



Milk

1 cup(s)- 149 cal



Tossed salad

121 cal



Garlic chicken with orzo

257 cal

Dinner

500 cal, 39g protein, 21g net carbs, 28g fat



Cucumber slices

1/4 cucumber- 15 cal



Bbq chicken wings

10 2/3 oz- 484 cal

Day 3

1633 cal ● 130g protein (32%) ● 60g fat (33%) ● 116g carbs (28%) ● 26g fiber (6%)

Breakfast

305 cal, 18g protein, 14g net carbs, 18g fat



Grapes

58 cal



Scrambled eggs with spinach, parmesan & tomato

249 cal

Snacks

230 cal, 12g protein, 27g net carbs, 6g fat



Tuna and crackers

142 cal



Grapefruit

1/2 grapefruit- 59 cal



Carrot sticks

1 carrot(s)- 27 cal

Lunch

525 cal, 34g protein, 43g net carbs, 20g fat



Milk

1 cup(s)- 149 cal



Tossed salad

121 cal



Garlic chicken with orzo

257 cal

Dinner

570 cal, 65g protein, 32g net carbs, 16g fat



Lentils

174 cal



One pan roasted chicken & veggies

398 cal

Day 4

1613 cals ● 142g protein (35%) ● 55g fat (31%) ● 114g carbs (28%) ● 24g fiber (6%)

Breakfast

305 cals, 18g protein, 14g net carbs, 18g fat



Grapes
58 cals



Scrambled eggs with spinach, parmesan & tomato
249 cals

Snacks

230 cals, 12g protein, 27g net carbs, 6g fat



Tuna and crackers
142 cals



Grapefruit
1/2 grapefruit- 59 cals



Carrot sticks
1 carrot(s)- 27 cals

Lunch

505 cals, 46g protein, 42g net carbs, 15g fat



Cottage cheese & fruit cup
2 container- 213 cals



Turkey-broccoli-sweet potato bowl
294 cals

Dinner

570 cals, 65g protein, 32g net carbs, 16g fat



Lentils
174 cals



One pan roasted chicken & veggies
398 cals

Day 5

1567 cals ● 139g protein (36%) ● 61g fat (35%) ● 97g carbs (25%) ● 17g fiber (4%)

Breakfast

235 cals, 14g protein, 10g net carbs, 14g fat



Carrot sticks
2 carrot(s)- 54 cals



Creamy scrambled eggs
182 cals

Snacks

225 cals, 11g protein, 3g net carbs, 18g fat



Sunflower seeds
226 cals

Lunch

565 cals, 35g protein, 76g net carbs, 10g fat



Fruit juice
1 1/3 cup(s)- 153 cals



Fish & chips
410 cals

Dinner

545 cals, 80g protein, 8g net carbs, 19g fat



Southwest chicken
12 oz- 543 cals

Day 6

1567 cals ● 139g protein (36%) ● 61g fat (35%) ● 97g carbs (25%) ● 17g fiber (4%)

Breakfast

235 cals, 14g protein, 10g net carbs, 14g fat



Carrot sticks
2 carrot(s)- 54 cals



Creamy scrambled eggs
182 cals

Snacks

225 cals, 11g protein, 3g net carbs, 18g fat



Sunflower seeds
226 cals

Lunch

565 cals, 35g protein, 76g net carbs, 10g fat



Fruit juice
1 1/3 cup(s)- 153 cals



Fish & chips
410 cals

Dinner

545 cals, 80g protein, 8g net carbs, 19g fat



Southwest chicken
12 oz- 543 cals

Day 7

1564 cals ● 122g protein (31%) ● 64g fat (37%) ● 100g carbs (26%) ● 24g fiber (6%)

Breakfast

235 cals, 14g protein, 10g net carbs, 14g fat



Carrot sticks
2 carrot(s)- 54 cals



Creamy scrambled eggs
182 cals

Snacks

225 cals, 11g protein, 3g net carbs, 18g fat



Sunflower seeds
226 cals

Lunch

535 cals, 42g protein, 46g net carbs, 17g fat



Cottage cheese & fruit cup
1 container- 107 cals



Chicken-broccoli-sweet potato bowl
286 cals



Tomato cucumber salad
141 cals

Dinner

570 cals, 55g protein, 42g net carbs, 16g fat



Lentils
231 cals



Chicken beet & carrot salad bowl
337 cals

Vegetables and Vegetable Products

- onion
1 3/4 medium (2-1/2" dia) (197g)
- garlic
2 3/4 clove(s) (8g)
- fresh spinach
1 1/4 10oz package (355g)
- tomatoes
6 1/2 medium whole (2-3/5" dia) (797g)
- kale leaves
1 1/2 cup, chopped (60g)
- cucumber
1 cucumber (8-1/4") (301g)
- purple onions
1/2 medium (2-1/2" dia) (63g)
- romaine lettuce
1 hearts (500g)
- carrots
9 medium (561g)
- fresh parsley
1/3 cup chopped (20g)
- red bell pepper
2/3 medium (approx 2-3/4" long, 2-1/2 dia.) (79g)
- zucchini
2/3 medium (131g)
- broccoli
2/3 cup chopped (61g)
- sweet potatoes
1 sweetpotato, 5" long (210g)
- frozen broccoli
1/2 package (142g)
- potatoes
2 medium (2+-1/4" to 3-1/4" dia.) (426g)
- bell pepper
3 medium (357g)
- beets, precooked (canned or refrigerated)
3 oz (85g)

Spices and Herbs

- thyme, dried
1/4 tbsp, leaves (1g)
- black pepper
5 g (5g)
- salt
1/2 oz (15g)
- chili powder
1/2 tbsp (4g)
- fresh basil
9 leaves (5g)

Fats and Oils

- olive oil
1 oz (36mL)
- salad dressing
3 oz (82mL)
- oil
2 1/3 oz (71mL)

Beverages

- water
4 cup(s) (993mL)

Baked Products

- bread
2 slice (64g)
- crackers
10 crackers (35g)
- bread crumbs
6 tbsp (41g)

Legumes and Legume Products

- lentils, raw
1 cup (184g)

Fruits and Fruit Juices

- green olives
9 large (40g)
- nectarine
2 medium (2-1/2" dia) (284g)
- grapes
2 cup (184g)
- Grapefruit
1 large (approx 4-1/2" dia) (332g)
- fruit juice
21 1/3 fl oz (640mL)

Poultry Products

- boneless skinless chicken breast, raw
4 lbs (1810g)
- chicken wings, with skin, raw
2/3 lbs (303g)
- ground turkey, raw
4 oz (113g)

Cereal Grains and Pasta

- crushed red pepper
3/4 dash (0g)
- oregano, dried
1 tsp, ground (2g)
- paprika
3 dash (1g)
- taco seasoning mix
1 1/2 tbsp (13g)

Dairy and Egg Products

- cheese
5 tbsp, shredded (35g)
- eggs
12 1/2 large (625g)
- butter
1/3 stick (37g)
- parmesan cheese
1 1/2 oz (45g)
- whole milk
2 cup (526mL)

- uncooked dry pasta
1/4 lbs (133g)

Other

- cottage cheese & fruit cup
5 container (665g)

Soups, Sauces, and Gravies

- barbecue sauce
2 3/4 tbsp (46g)
- apple cider vinegar
3/8 tsp (0mL)

Finfish and Shellfish Products

- canned tuna
3 oz (85g)
- cod, raw
10 oz (283g)

Nut and Seed Products

- sunflower kernels
1/4 lbs (106g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Herb & onion frittata

153 cal ● 9g protein ● 9g fat ● 7g carbs ● 1g fiber



For single meal:

onion
1/2 cup, chopped (80g)
thyme, dried
2 dash, leaves (0g)
cheese
1 tbsp, shredded (7g)
black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
eggs
1 large (50g)
olive oil
1/2 tsp (3mL)
water
1/8 cup(s) (30mL)

For all 2 meals:

onion
1 cup, chopped (160g)
thyme, dried
4 dash, leaves (1g)
cheese
2 tbsp, shredded (14g)
black pepper
1 dash (0g)
salt
1 dash (0g)
eggs
2 large (100g)
olive oil
1 tsp (5mL)
water
1/4 cup(s) (59mL)

1. Bring onion and almost all of the water (save about 1 tablespoon for later) to a boil in a small nonstick skillet over medium-high heat. Cover and cook until the onion is slightly softened, about 2 minutes.
2. Uncover and continue cooking until the water evaporates, 1 to 2 minutes. Drizzle in oil and stir until coated. Continue cooking, stirring often, until the onion starts to brown, 1 to 2 minutes more.
3. Scramble the eggs and add to pan, reduce heat to medium-low and continue cooking, stirring constantly, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.
4. Reduce heat to low. Sprinkle herbs, salt, and pepper over the frittata. Spoon cheese on top. Lift up an edge of the frittata and drizzle the remaining 1 tablespoon water under it.
5. Cover and cook until the egg is completely set and the cheese is hot, about 2 minutes. Slide the frittata out of the pan using the spatula and serve.

Toast with butter

1 slice(s) - 114 cal ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)

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

Simple sauteed spinach

50 cals ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:

garlic, diced
1/4 clove (1g)
black pepper
1/2 dash, ground (0g)
salt
1/2 dash (0g)
olive oil
1/4 tbsp (4mL)
fresh spinach
2 cup(s) (60g)

For all 2 meals:

garlic, diced
1/2 clove (2g)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

grapes
1 cup (92g)

For all 2 meals:

grapes
2 cup (184g)

1. This recipe has no instructions.

Scrambled eggs with spinach, parmesan & tomato

249 cals ● 18g protein ● 17g fat ● 4g carbs ● 2g fiber



For single meal:

- eggs**
2 large (100g)
- olive oil**
1 tsp (5mL)
- fresh spinach**
2 cup(s) (60g)
- parmesan cheese**
2 tbsp (10g)
- tomatoes, halved**
4 tbsp cherry tomatoes (37g)
- garlic, minced**
4 dash (1g)

For all 2 meals:

- eggs**
4 large (200g)
- olive oil**
2 tsp (10mL)
- fresh spinach**
4 cup(s) (120g)
- parmesan cheese**
4 tbsp (20g)
- tomatoes, halved**
1/2 cup cherry tomatoes (75g)
- garlic, minced**
1 tsp (3g)

1. Whisk eggs in a small bowl with some salt and pepper. Set aside.
2. Place a medium sized skillet over medium heat and add the olive oil and garlic and saute until fragrant, under a minute.
3. Add the spinach and cook, tossing, until wilted, about a minute.
4. Add the eggs, and cook stirring occasionally- another minute or two.
5. Sprinkle in the parmesan and tomatoes and stir.
6. Serve.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Carrot sticks

2 carrot(s) - 54 cal ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

- carrots**
2 medium (122g)

For all 3 meals:

- carrots**
6 medium (366g)

1. Cut carrots into strips and serve.

Creamy scrambled eggs

182 cal ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
butter
1 tsp (5g)
whole milk
1 tbsp (15mL)

For all 3 meals:

eggs
6 large (300g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
butter
1 tbsp (14g)
whole milk
3 tbsp (45mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

Lunch 1 [↗](#)

Eat on day 1

Lentils

87 cal ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



salt
1/4 dash (0g)
water
1/2 cup(s) (119mL)
lentils, raw, rinsed
2 tbsp (24g)

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.

Baked chicken with tomatoes & olives

9 oz - 449 cal ● 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.

Lunch 2 [↗](#)

Eat on day 2, day 3

Milk

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



For single meal:

whole milk

1 cup (240mL)

For all 2 meals:

whole milk

2 cup (480mL)

1. This recipe has no instructions.

Tossed salad

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



For single meal:

purple onions, sliced
1/8 medium (2-1/2" dia) (14g)
cucumber, sliced or diced
1/8 cucumber (8-1/4") (38g)
romaine lettuce, shredded
1/2 hearts (250g)
carrots, peeled and shredded or sliced
1/2 small (5-1/2" long) (25g)
tomatoes, diced
1/2 small whole (2-2/5" dia) (46g)
salad dressing
1 tbsp (15mL)

For all 2 meals:

purple onions, sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced or diced
1/4 cucumber (8-1/4") (75g)
romaine lettuce, shredded
1 hearts (500g)
carrots, peeled and shredded or sliced
1 small (5-1/2" long) (50g)
tomatoes, diced
1 small whole (2-2/5" dia) (91g)
salad dressing
2 tbsp (30mL)

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.

Garlic chicken with orzo

257 cal ● 22g protein ● 8g fat ● 22g carbs ● 1g fiber



For single meal:

oil
1 tsp (5mL)
parmesan cheese
2 tsp (4g)
fresh spinach
1/3 cup(s) (10g)
fresh parsley
2 2/3 tbsp chopped (10g)
salt
1 1/3 dash (1g)
boneless skinless chicken breast, raw, cut into bite-size pieces
2 2/3 oz (75g)
crushed red pepper
1/3 dash (0g)
garlic, minced
1/3 clove(s) (1g)
uncooked dry pasta
2 2/3 tbsp orzo (28g)

For all 2 meals:

oil
2 tsp (10mL)
parmesan cheese
4 tsp (8g)
fresh spinach
2/3 cup(s) (20g)
fresh parsley
1/3 cup chopped (20g)
salt
1/3 tsp (2g)
boneless skinless chicken breast, raw, cut into bite-size pieces
1/3 lbs (149g)
crushed red pepper
2/3 dash (0g)
garlic, minced
2/3 clove(s) (2g)
uncooked dry pasta
1/3 cup orzo (57g)

1. Bring a large pot of lightly salted water to a boil. Add orzo pasta, cook for 8 to 10 minutes, until al dente, and drain.
 2. Heat the oil in a skillet over medium-high heat, and cook the garlic and red pepper 1 minute, until garlic is golden brown.
 3. Stir in chicken, season with salt, and cook 2 to 5 minutes, until lightly browned and juices run clear.
 4. Reduce heat to medium, and mix in the parsley and cooked orzo. Place spinach in the skillet. Continue cooking 5 minutes, stirring occasionally, until spinach is wilted.
 5. Serve topped with Parmesan cheese.
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Lunch 3 [↗](#)

Eat on day 4

Cottage cheese & fruit cup

2 container - 213 cal ● 20g protein ● 5g fat ● 22g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup

2 container (266g)

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

Turkey-broccoli-sweet potato bowl

294 cal ● 26g protein ● 10g fat ● 20g carbs ● 6g fiber



ground turkey, raw

4 oz (113g)

paprika

1 dash (0g)

sweet potatoes, cut into bite-sized cubes

1/2 sweet potato, 5" long (105g)

frozen broccoli

1/4 package (71g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

olive oil

1/4 tsp (1mL)

1. Preheat oven to 400 F (200 C)
 2. Coat the sweet potatoes with the oil, paprika, salt, and pepper.
 3. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
 4. Meanwhile, cook the ground turkey in a large non-stick skillet over medium-high heat for 7-10 minutes, stirring occasionally. Set aside.
 5. Prepare the broccoli according to the instructions on its packaging.
 6. Once all items are prepared, bring the turkey, broccoli, and sweet potatoes together. Serve with some more salt and pepper.
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Lunch 4 [↗](#)

Eat on day 5, day 6

Fruit juice

1 1/3 cup(s) - 153 cal ● 2g protein ● 1g fat ● 34g carbs ● 1g fiber



For single meal:

fruit juice

10 2/3 fl oz (320mL)

For all 2 meals:

fruit juice

21 1/3 fl oz (640mL)

1. This recipe has no instructions.
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Fish & chips

410 cal ● 32g protein ● 10g fat ● 42g carbs ● 6g fiber



For single meal:

oil

1/2 tbsp (8mL)

cod, raw

5 oz (142g)

eggs

1/4 large (13g)

bread crumbs

3 tbsp (20g)

potatoes, cut into wedges

1 medium (2+-1/4" to 3-1/4" dia.)
(213g)

For all 2 meals:

oil

1 tbsp (15mL)

cod, raw

10 oz (283g)

eggs

1/2 large (25g)

bread crumbs

6 tbsp (41g)

potatoes, cut into wedges

2 medium (2+-1/4" to 3-1/4" dia.)
(426g)

1. Preheat oven to 400°F (200°C).
 2. Toss the potatoes with the oil and some salt and pepper on a baking sheet. Bake 35-40 minutes, flipping them once, halfway through.
 3. Meanwhile, sprinkle bread crumbs on a large plate and season with some salt and pepper. Also prepare a small bowl with the egg and a splash of water. Beat until combined.
 4. Dip the cod into the egg and then coat it on all sides with the bread crumbs. Place on a baking sheet and bake for 15-20 minutes or until flaky.
 5. Serve fish with potatoes.
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Lunch 5 [↗](#)

Eat on day 7

Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



Makes 1 container

cottage cheese & fruit cup

1 container (133g)

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

Chicken-broccoli-sweet potato bowl

286 cal ● 29g protein ● 8g fat ● 20g carbs ● 6g fiber



frozen broccoli

1/4 package (71g)

sweet potatoes, cut into bite-sized cubes

1/2 sweet potato, 5" long (105g)

paprika

2 dash (1g)

boneless skinless chicken breast, raw, cut into bite-sized cubes

4 oz (112g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

olive oil

1 tsp (5mL)

1. Preheat oven to 425 F (220 C)
2. In a small bowl add the olive oil, salt, pepper, and paprika. Mix until blended.
3. Take half of the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining spice mixture and coat the chicken. Spread the chicken out on another baking sheet and place in the oven with the sweet potatoes. Cook the chicken for 12-15 minutes or until done.
6. Prepare the broccoli according to the instructions on its packaging. Set aside.
7. Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

Tomato cucumber salad

141 cal ● 3g protein ● 6g fat ● 15g carbs ● 3g fiber



tomatoes, thinly sliced
1 medium whole (2-3/5" dia) (123g)
cucumber, thinly sliced
1/2 cucumber (8-1/4") (151g)
purple onions, thinly sliced
1/2 small (35g)
salad dressing
2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (133g)

For all 2 meals:

cottage cheese & fruit cup
2 container (266g)

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

Cherry tomatoes

9 cherry tomatoes - 32 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 2 meals:

tomatoes
18 cherry tomatoes (306g)

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

Nectarine

1 nectarine(s) - 70 cal ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:
nectarine, pitted
 1 medium (2-1/2" dia) (142g)

For all 2 meals:
nectarine, pitted
 2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

Snacks 2 [↗](#)

Eat on day 3, day 4

Tuna and crackers

142 cal ● 10g protein ● 6g fat ● 11g carbs ● 1g fiber



For single meal:
canned tuna
 1 1/2 oz (43g)
crackers
 5 crackers (18g)

For all 2 meals:
canned tuna
 3 oz (85g)
crackers
 10 crackers (35g)

1. This recipe has no instructions.

Grapefruit

1/2 grapefruit - 59 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:
Grapefruit
 1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:
Grapefruit
 1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Carrot sticks

1 carrot(s) - 27 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Sunflower seeds

226 cal ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels
1 1/4 oz (35g)

For all 3 meals:

sunflower kernels
1/4 lbs (106g)

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

Eat on day 1

Spinach parmesan pasta

488 cal ● 18g protein ● 18g fat ● 59g carbs ● 5g fiber



uncooked dry pasta

2 2/3 oz (76g)

butter

1 tbsp (14g)

garlic, minced

2/3 clove(s) (2g)

fresh spinach

1/3 10oz package (95g)

parmesan cheese

2 2/3 tbsp (17g)

salt

1 1/3 dash (1g)

black pepper

1/4 tbsp, ground (2g)

water

1/8 cup(s) (26mL)

1. Cook pasta according to its package. Set pasta aside when finished.
2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
4. Stir in parmesan and season with salt and pepper.
5. Serve.

Simple kale salad

1 1/2 cup(s) - 83 cal ● 2g protein ● 5g fat ● 7g carbs ● 1g fiber



Makes 1 1/2 cup(s)

salad dressing

1 1/2 tbsp (23mL)

kale leaves

1 1/2 cup, chopped (60g)

1. Toss kale in dressing of your choice and serve.

Dinner 2 [↗](#)

Eat on day 2

Cucumber slices

1/4 cucumber - 15 cal ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



Makes 1/4 cucumber

cucumber

1/4 cucumber (8-1/4") (75g)

1. Slice cucumber into rounds and serve.

Bbq chicken wings

10 2/3 oz - 484 cal ● 38g protein ● 28g fat ● 19g carbs ● 0g fiber



Makes 10 2/3 oz

barbecue sauce

2 2/3 tbsp (46g)

chicken wings, with skin, raw

2/3 lbs (303g)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper to taste.
3. Cook in oven for about 45 minutes, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
4. Optional: When the chicken is getting close to being done, add the barbeque sauce to a saucepan and heat until warmed through.
5. Take wings out of the oven when done and toss with the barbeque sauce to coat.
6. Serve.

Dinner 3 [↗](#)

Eat on day 3, day 4

Lentils

174 cal ● 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.

One pan roasted chicken & veggies

398 cal ● 54g protein ● 16g fat ● 7g carbs ● 3g fiber



For single meal:

boneless skinless chicken breast, raw

1/2 lbs (227g)

oregano, dried

4 dash, ground (1g)

red bell pepper, deseeded and sliced

1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (40g)

tomatoes

2 2/3 tbsp cherry tomatoes (25g)

oil

2 tsp (10mL)

onion, sliced

1/6 medium (2-1/2" dia) (18g)

zucchini, sliced

1/3 medium (65g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

broccoli

1/3 cup chopped (30g)

For all 2 meals:

boneless skinless chicken breast, raw

1 lbs (454g)

oregano, dried

1 tsp, ground (2g)

red bell pepper, deseeded and sliced

2/3 medium (approx 2-3/4" long, 2-1/2 dia.) (79g)

tomatoes

1/3 cup cherry tomatoes (50g)

oil

4 tsp (20mL)

onion, sliced

1/3 medium (2-1/2" dia) (37g)

zucchini, sliced

2/3 medium (131g)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

broccoli

2/3 cup chopped (61g)

1. Preheat oven to 500°F (260°C).
 2. Chop all veggies into large pieces. Chop chicken into small cubes.
 3. In a roasting dish or on a sheet pan, add the veggies, raw chicken, oil and seasonings. Toss to combine.
 4. Bake for about 15-20 minutes until chicken is cooked and veggies are lightly charred.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Southwest chicken

12 oz - 543 cal ● 80g protein ● 19g fat ● 8g carbs ● 4g fiber



For single meal:

oil
1/2 tbsp (8mL)
cheese
1 1/2 tbsp, shredded (11g)
taco seasoning mix
3/4 tbsp (6g)
boneless skinless chicken breast, raw
3/4 lbs (336g)
bell pepper, cut into strips
1 1/2 medium (179g)

For all 2 meals:

oil
1 tbsp (15mL)
cheese
3 tbsp, shredded (21g)
taco seasoning mix
1 1/2 tbsp (13g)
boneless skinless chicken breast, raw
1 1/2 lbs (672g)
bell pepper, cut into strips
3 medium (357g)

1. Rub taco seasoning evenly over all sides of chicken.
2. Heat oil in a skillet over medium heat.
3. Add chicken to skillet and cook about 6-10 minutes on each side or until completely cooked. Remove and set aside.
4. Add the sliced peppers into the skillet and cook for about 5 minutes until softened.
5. Plate peppers and chicken and sprinkle cheese on top.
6. Serve.

Dinner 5 [↗](#)

Eat on day 7

Lentils

231 cal ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



salt
2/3 dash (0g)
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.

Chicken beet & carrot salad bowl

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



**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)

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.
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