

Day 2

Breakfast

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



Herb & onion frittata 153 cals

Toast with butter

1 slice(s)- 114 cals

2



Simple sauteed spinach 50 cals

Snacks

230 cals, 17g protein, 30g net carbs, 3g fat



Cottage cheese & fruit cup 1 container- 131 cals



Cherry tomatoes 9 cherry tomatoes- 32 cals



Nectarine 1 nectarine(s)- 70 cals Lunch

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



Milk 1 cup(s)- 149 cals



Tossed salad 121 cals



Garlic chicken with orzo 257 cals

Dinner

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



Cucumber slices 1/4 cucumber- 15 cals



Bbq chicken wings 10 2/3 oz- 484 cals



1633 cals 🔵 130g protein (32%) 🛑 60g fat (33%) 🔵 116g carbs (28%) 🌑 26g fiber (6%)

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



Grapes 58 cals



Snacks

Scrambled eggs with spinach, parmesan & tomato 249 cals

Lunch 525 cals, 34g protein, 43g net carbs, 20g fat



Milk 1 cup(s)- 149 cals



Tossed salad 121 cals



Garlic chicken with orzo 257 cals

Dinner





Lentils 174 cals



One pan roasted chicken & veggies 398 cals



Carrot sticks 1 carrot(s)- 27 cals

1/2 grapefruit- 59 cals

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

142 cals

Grapefruit

Tuna and crackers

Day 4



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

555 cals, 54g protein, 46g net carbs, 15g fat



Cottage cheese & fruit cup 2 container- 261 cals



Turkey-broccoli-sweet potato bowl 294 cals

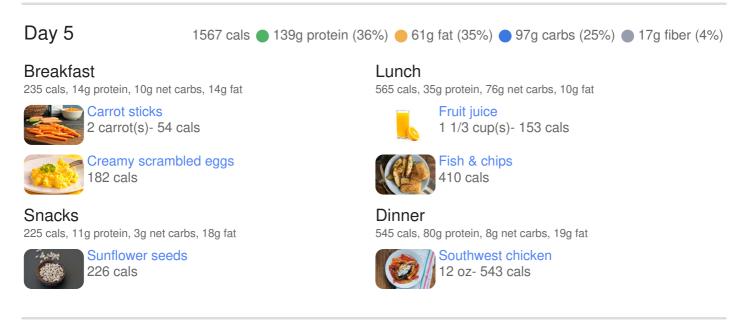
Dinner 570 cals, 65g protein, 32g net carbs, 16g fat



Lentils 174 cals



One pan roasted chicken & veggies 398 cals



Day 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



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

1588 cals • 126g protein (32%) • 64g fat (36%) • 102g 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

Lunch

560 cals, 46g protein, 48g net carbs, 17g fat



Cottage cheese & fruit cup 1 container- 131 cals



Chicken-broccoli-sweet potato bowl 286 cals



Tomato cucumber salad 141 cals

Snacks

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



Sunflower seeds 226 cals

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



Lentils 231 cals



Chicken beet & carrot salad bowl 337 cals

black pepper 5 g (5g)

1/2 oz (15g)

chili powder

1/2 tbsp (4g) fresh basil

9 leaves (5g)

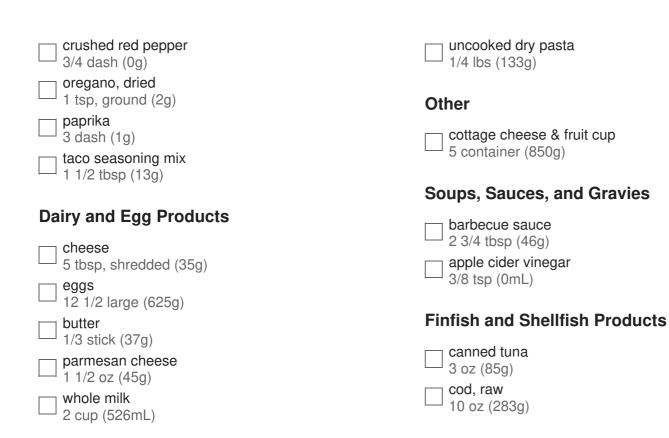
salt



Fats and Oils **Vegetables and Vegetable Products** onion 1 3/4 medium (2-1/2" dia) (197g) garlic 2 3/4 clove(s) (8g) fresh spinach oil 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) water cucumber 1 cucumber (8-1/4") (301g) red onion 1/2 medium (2-1/2" dia) (63g) bread 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) grapes bell pepper 3 medium (357g) beets, precooked (canned or refrigerated) 3 oz (85g) **Spices and Herbs** thyme, dried 1/4 tbsp, leaves (1g)

olive oil 1 oz (36mL) salad dressing 3 oz (82mL) 2 1/3 oz (71mL) **Beverages** 4 cup(s) (993mL) **Baked Products** 2 slice (64g) crackers 10 crackers (35g) bread crumbs 6 tbsp (41g) Legumes and Legume Products lentils, raw 1 cup (184a) **Fruits and Fruit Juices** green olives 9 large (40g) nectarine 2 medium (2-1/2" dia) (284g) 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



Nut and Seed Products

sunflower kernels 1/4 lbs (106g)

Recipes



Breakfast 1 🗹

Eat on day 1, day 2

Herb & onion frittata

153 cals
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)

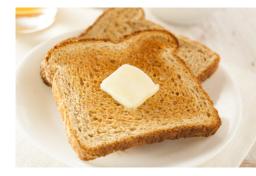
For all 2 meals:

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 cals
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

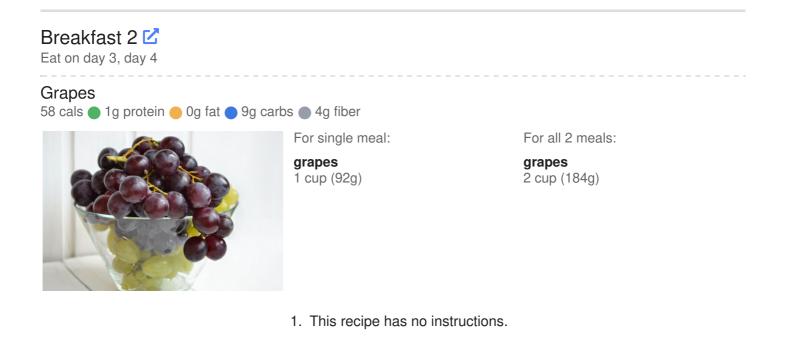


For single meal:

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.



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 cals
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.

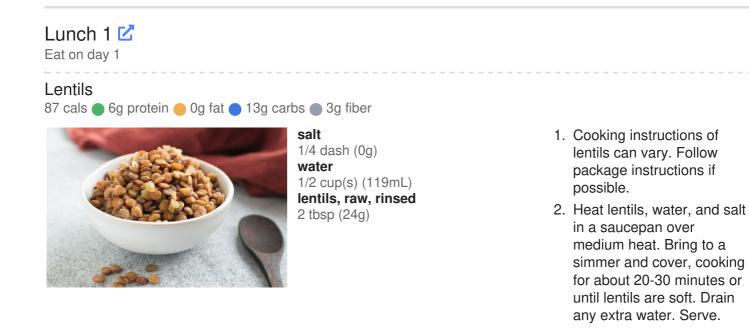
Creamy scrambled eggs

182 cals
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.



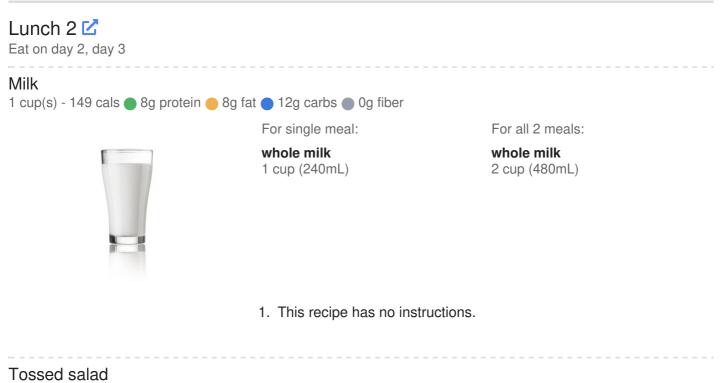
Baked chicken with tomatoes & olives 9 oz - 449 cals 60g protein 19g fat 6g carbs 5g fiber



Makes 9 oz

tomatoes 9 cherry tomatoes (153g) olive oil 1/2 tbsp (8mL) salt 3 dash (2g) green olives 9 large (40g) black pepper 3 dash (0g) chili powder 1/2 tbsp (4g) boneless skinless chicken breast, raw 1/2 lbs (255g) fresh basil, shredded 9 leaves (5g)

- 1. Heat the oven to 425 F (220 C)
- 2. Put chicken breast in a small baking dish.
- 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.
- 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.



121 cals • 4g protein • 4g fat • 10g carbs • 7g fiber



For single meal:

red onion, 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:

red onion, 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 cals
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.

Lunch 3 🗹

Eat on day 4

Cottage cheese & fruit cup

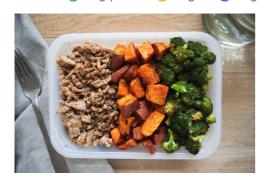
2 container - 261 cals
28g protein
5g fat
26g carbs
0g fiber



Makes 2 container

cottage cheese & fruit cup 2 container (340g) 1. Mix cottage cheese and fruit portions of the container together and serve.

Turkey-broccoli-sweet potato bowl 294 cals • 26g protein • 10g fat • 20g carbs • 6g fiber



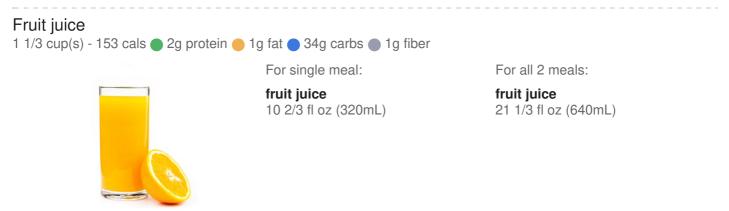
ground turkey, raw 4 oz (113g) paprika 1 dash (0g) sweet potatoes, cut into bite-sized cubes 1/2 sweetpotato, 5" long (105g) frozen broccoli 1/4 package (71g) salt 1 dash (1g) black pepper 1 dash, ground (0g) olive oil

1/4 tsp (1mL)

- 1. Preheat oven to 400 F (200 C)
- 2. Coat the sweet potatoes with the oil, paprika, salt, and pepper.
- 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.

Lunch 4 🗹

Eat on day 5, day 6



1. This recipe has no instructions.

Fish & chips

410 cals
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.

Lunch 5 🗹

Eat on day 7

Cottage cheese & fruit cup

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



Makes 1 container

cottage cheese & fruit cup 1 container (170g) 1. Mix cottage cheese and fruit portions of the container together and serve.

Chicken-broccoli-sweet potato bowl 286 cals • 29g protein • 8g fat • 20g carbs • 6g fiber



frozen broccoli 1/4 package (71g) sweet potatoes, cut into bite-sized cubes 1/2 sweetpotato, 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.
- 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.
- Prepare the broccoli according to the instructions on its packaging. Set aside.
- Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separatewhichever you prefer!). Serve.



tomatoes, thinly sliced 1 medium whole (2-3/5" dia) (123g) cucumber, thinly sliced 1/2 cucumber (8-1/4") (151g) red onion, 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 - 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.

Cherry tomatoes

9 cherry tomatoes - 32 cals
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.





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 cals
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 cals
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 cals
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 cals
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.

Dinner 1 🗹

Eat on day 1

Spinach parmesan pasta

488 cals
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)

- 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 cals
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 cals
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 cals 🔵 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).
- Place wings on large baking sheet, and season with salt and pepper to taste.
- 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.
- 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 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.



For single meal:

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 $2 \operatorname{dash}(2g)$ black pepper 2 dash, ground (1g) broccoli 1/3 cup chopped (30g)

For all 2 meals:

boneless skinless chicken breast, boneless skinless chicken breast, raw 16 oz (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.

Dinner 4 🗹

Eat on day 5, day 6

Southwest chicken

12 oz - 543 cals
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) 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, 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 cals
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 cals 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)

- 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.