

Meal Plan - 1700 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

1725 cals ● 126g protein (29%) ● 69g fat (36%) ● 119g carbs (27%) ● 32g fiber (7%)

Breakfast

305 cals, 16g protein, 30g net carbs, 12g fat



[Instant oatmeal with water](#)
1 packet(s)- 165 cals



[Boiled eggs](#)
2 egg(s)- 139 cals

Snacks

270 cals, 6g protein, 23g net carbs, 14g fat



[Roasted almonds](#)
1/6 cup(s)- 166 cals



[Apple](#)
1 apple(s)- 105 cals

Lunch

600 cals, 41g protein, 40g net carbs, 26g fat



[Tuna salad sandwich](#)
1 sandwich(es)- 495 cals



[Strawberries](#)
2 cup(s)- 104 cals

Dinner

550 cals, 62g protein, 25g net carbs, 17g fat



[Basic chicken breast](#)
8 oz- 317 cals



[Easy chickpea salad](#)
234 cals

Day 2

1725 cals ● 108g protein (25%) ● 56g fat (29%) ● 154g carbs (36%) ● 43g fiber (10%)

Breakfast

305 cals, 16g protein, 30g net carbs, 12g fat



[Instant oatmeal with water](#)
1 packet(s)- 165 cals



[Boiled eggs](#)
2 egg(s)- 139 cals

Snacks

270 cals, 6g protein, 23g net carbs, 14g fat



[Roasted almonds](#)
1/6 cup(s)- 166 cals



[Apple](#)
1 apple(s)- 105 cals

Lunch

600 cals, 23g protein, 76g net carbs, 14g fat



[Olive oil drizzled lima beans](#)
269 cals



[Black bean burger](#)
1 burger(s)- 330 cals

Dinner

550 cals, 62g protein, 25g net carbs, 17g fat



[Basic chicken breast](#)
8 oz- 317 cals



[Easy chickpea salad](#)
234 cals

Day 3

1682 cals ● 111g protein (26%) ● 76g fat (41%) ● 113g carbs (27%) ● 25g fiber (6%)

Breakfast

305 cals, 16g protein, 30g net carbs, 12g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

270 cals, 6g protein, 23g net carbs, 14g fat



Roasted almonds
1/6 cup(s)- 166 cals



Apple
1 apple(s)- 105 cals

Lunch

520 cals, 40g protein, 29g net carbs, 25g fat



Simple mixed greens salad
68 cals



Roast beef & pickle sandwich
1 sandwich(es)- 454 cals

Dinner

585 cals, 49g protein, 30g net carbs, 26g fat



Kefir
150 cals



Avocado tuna salad
436 cals

Day 4

1778 cals ● 116g protein (26%) ● 74g fat (38%) ● 130g carbs (29%) ● 32g fiber (7%)

Breakfast

255 cals, 20g protein, 11g net carbs, 13g fat



High protein scrambled eggs
198 cals



Grapes
58 cals

Snacks

285 cals, 9g protein, 25g net carbs, 14g fat



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



Grapefruit
1/2 grapefruit- 59 cals



Toast with butter
1 slice(s)- 114 cals

Lunch

690 cals, 34g protein, 59g net carbs, 30g fat



Pesto chicken sweet potatoes
1 sweet potato(s)- 431 cals



Tortilla chips
141 cals



Tomato and avocado salad
117 cals

Dinner

550 cals, 53g protein, 35g net carbs, 18g fat



Simple mixed greens and tomato salad
76 cals



Baked chicken with tomatoes & olives
6 oz- 300 cals



Lentils
174 cals

Day 5

1650 cal ● 144g protein (35%) ● 74g fat (40%) ● 82g carbs (20%) ● 21g fiber (5%)

Breakfast

255 cal, 20g protein, 11g net carbs, 13g fat



High protein scrambled eggs
198 cal



Grapes
58 cal

Snacks

285 cal, 9g protein, 25g net carbs, 14g fat



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



Grapefruit
1/2 grapefruit- 59 cal



Toast with butter
1 slice(s)- 114 cal

Lunch

545 cal, 54g protein, 10g net carbs, 28g fat



Tomato and avocado salad
235 cal



Cajun cod
10 oz- 312 cal

Dinner

565 cal, 60g protein, 36g net carbs, 19g fat



Roasted cashews
1/8 cup(s)- 104 cal



Grilled chicken sandwich
1 sandwich(es)- 460 cal

Day 6

1746 cal ● 109g protein (25%) ● 88g fat (45%) ● 97g carbs (22%) ● 32g fiber (7%)

Breakfast

350 cal, 15g protein, 41g net carbs, 10g fat



Hummus toast
2 slice(s)- 293 cal



Grapefruit
1/2 grapefruit- 59 cal

Snacks

245 cal, 17g protein, 31g net carbs, 5g fat



Cottage cheese & honey
1/2 cup(s)- 125 cal



Crackers
5 1/3 cracker(s)- 90 cal



Cherry tomatoes
9 cherry tomatoes- 32 cal

Lunch

585 cal, 34g protein, 12g net carbs, 41g fat



Avocado, apple, chicken salad
412 cal



Walnuts
1/4 cup(s)- 175 cal

Dinner

560 cal, 43g protein, 14g net carbs, 32g fat



Roasted cashews
1/8 cup(s)- 104 cal



Avocado tuna salad stuffed pepper
2 half pepper(s)- 456 cal

Day 7

1746 cal ● 109g protein (25%) ● 88g fat (45%) ● 97g carbs (22%) ● 32g fiber (7%)

Breakfast

350 cal, 15g protein, 41g net carbs, 10g fat



[Hummus toast](#)

2 slice(s)- 293 cal



[Grapefruit](#)

1/2 grapefruit- 59 cal

Snacks

245 cal, 17g protein, 31g net carbs, 5g fat



[Cottage cheese & honey](#)

1/2 cup(s)- 125 cal



[Crackers](#)

5 1/3 cracker(s)- 90 cal



[Cherry tomatoes](#)

9 cherry tomatoes- 32 cal

Lunch

585 cal, 34g protein, 12g net carbs, 41g fat



[Avocado, apple, chicken salad](#)

412 cal



[Walnuts](#)

1/4 cup(s)- 175 cal

Dinner

560 cal, 43g protein, 14g net carbs, 32g fat



[Roasted cashews](#)

1/8 cup(s)- 104 cal



[Avocado tuna salad stuffed pepper](#)

2 half pepper(s)- 456 cal



Breakfast Cereals

- ☐ flavored instant oatmeal
3 packet (129g)

Beverages

- ☐ water
3 1/4 cup(s) (770mL)

Dairy and Egg Products

- ☐ eggs
11 1/2 medium (511g)
- ☐ kefir, flavored
1 cup (240mL)
- ☐ sliced cheese
2 slice (2/3 oz ea) (38g)
- ☐ low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
- ☐ butter
2 tsp (9g)

Baked Products

- ☐ bread
2/3 lbs (320g)
- ☐ bread crumbs
2 tbsp (14g)
- ☐ hamburger buns
1 bun(s) (51g)
- ☐ kaiser rolls
1 roll (3-1/2" dia) (57g)
- ☐ crackers
10 2/3 crackers (37g)

Fats and Oils

- ☐ mayonnaise
1 1/2 tbsp (23mL)
- ☐ oil
1 oz (30mL)
- ☐ olive oil
1 1/3 oz (43mL)
- ☐ salad dressing
3 tbsp (45mL)

Spices and Herbs

- ☐ black pepper
2 1/4 g (2g)

Finfish and Shellfish Products

- ☐ canned tuna
4 can (658g)
- ☐ cod, raw
10 oz (283g)

Fruits and Fruit Juices

- ☐ strawberries
2 cup, whole (288g)
- ☐ apples
3 3/4 medium (3" dia) (683g)
- ☐ avocados
3 avocado(s) (603g)
- ☐ lime juice
1 1/2 fl oz (45mL)
- ☐ grapes
2 cup (184g)
- ☐ green olives
6 large (26g)
- ☐ Grapefruit
2 large (approx 4-1/2" dia) (664g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
2 3/4 lbs (1213g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1 tbsp (1mL)
- ☐ pesto sauce
2 tbsp (32g)

Legumes and Legume Products

- ☐ chickpeas, canned
1 can (448g)
- ☐ black beans
1/4 can(s) (110g)
- ☐ lentils, raw
4 tbsp (48g)
- ☐ hummus
10 tbsp (150g)

Nut and Seed Products

- ☐ almonds
13 tbsp, whole (116g)

- ☐ salt
1/3 oz (9g)
- ☐ balsamic vinegar
1 tbsp (15mL)
- ☐ chili powder
5 g (5g)
- ☐ ground cumin
1/4 tbsp (2g)
- ☐ dijon mustard
1 1/2 tbsp (23g)
- ☐ garlic powder
1/4 tbsp (2g)
- ☐ fresh basil
6 leaves (3g)
- ☐ cajun seasoning
1 tbsp (8g)

Vegetables and Vegetable Products

- ☐ raw celery
1/8 bunch (27g)
- ☐ fresh parsley
3 sprigs (3g)
- ☐ tomatoes
6 1/2 medium whole (2-3/5" dia) (807g)
- ☐ onion
1 medium (2-1/2" dia) (124g)
- ☐ lima beans, frozen
5/8 package (10 oz) (178g)
- ☐ garlic
3/4 clove (2g)
- ☐ ketchup
1/2 tbsp (9g)
- ☐ romaine lettuce
1 leaf inner (6g)
- ☐ pickles
4 slices (28g)
- ☐ sweet potatoes
1 sweetpotato, 5" long (210g)
- ☐ bell pepper
2 large (328g)

- ☐ roasted cashews
6 tbsp, halves and whole (51g)
- ☐ walnuts
1/2 cup, shelled (50g)

Other

- ☐ mixed greens
4 1/4 cup (128g)

Sausages and Luncheon Meats

- ☐ roast beef cold cuts
4 oz (113g)

Snacks

- ☐ tortilla chips
1 oz (28g)

Sweets

- ☐ honey
4 tsp (28g)



Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Instant oatmeal with water

1 packet(s) - 165 cal ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal

1 packet (43g)

water

3/4 cup(s) (178mL)

For all 3 meals:

flavored instant oatmeal

3 packet (129g)

water

2 1/4 cup(s) (533mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

Boiled eggs

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



For single meal:

eggs

2 large (100g)

For all 3 meals:

eggs

6 large (300g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Breakfast 2 [↗](#)

Eat on day 4, day 5

High protein scrambled eggs

198 cals ● 20g protein ● 12g fat ● 2g carbs ● 0g fiber



For single meal:

- oil
1/2 tsp (3mL)
- low fat cottage cheese (1% milkfat)
4 tbsp (57g)
- eggs
2 large (100g)

For all 2 meals:

- oil
1 tsp (5mL)
- low fat cottage cheese (1% milkfat)
1/2 cup (113g)
- eggs
4 large (200g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

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.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

hummus

5 tbsp (75g)

bread

2 slice (64g)

For all 2 meals:

hummus

10 tbsp (150g)

bread

4 slice (128g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

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)
-

Lunch 1 [↗](#)

Eat on day 1

Tuna salad sandwich

1 sandwich(es) - 495 cals ● 39g protein ● 25g fat ● 24g carbs ● 4g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

mayonnaise

1 1/2 tbsp (23mL)

black pepper

1 dash (0g)

raw celery, chopped

1/2 stalk, small (5" long) (9g)

salt

1 dash (0g)

canned tuna

5 oz (142g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

Strawberries

2 cup(s) - 104 cals ● 2g protein ● 1g fat ● 16g carbs ● 6g fiber



Makes 2 cup(s)

strawberries

2 cup, whole (288g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2

Olive oil drizzled lima beans

269 cals ● 12g protein ● 9g fat ● 26g carbs ● 10g fiber



black pepper

1 1/4 dash, ground (0g)

salt

1/3 tsp (2g)

lima beans, frozen

5/8 package (10 oz) (178g)

olive oil

2 tsp (9mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

Black bean burger

1 burger(s) - 330 cals ● 11g protein ● 5g fat ● 50g carbs ● 11g fiber



Makes 1 burger(s)

black beans

1/4 can(s) (110g)

onion

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

eggs

1/4 medium (11g)

garlic, peeled

3/4 clove (2g)

bread crumbs

2 tbsp (14g)

ketchup

1/2 tbsp (9g)

chili powder

1/4 tbsp (2g)

ground cumin

1/4 tbsp (2g)

tomatoes, sliced

1/4 medium whole (2-3/5" dia) (31g)

hamburger buns

1 bun(s) (51g)

romaine lettuce

1 leaf inner (6g)

1. If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F (190 degrees C), and lightly oil a baking sheet.
2. In a medium bowl, mash black beans with a fork until thick and pasty.
3. In a food processor, finely chop the onion and garlic. Then stir into mashed beans.
4. In a small bowl, stir together egg, chili powder, and cumin.
5. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.
6. If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.
7. Serve on buns and top with lettuce, tomatoes, and ketchup or as desired.

Lunch 3 [🔗](#)

Eat on day 3

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens

1 1/2 cup (45g)

salad dressing

1 1/2 tbsp (23mL)

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

Roast beef & pickle sandwich

1 sandwich(es) - 454 cals ● 39g protein ● 20g fat ● 25g carbs ● 5g fiber



Makes 1 sandwich(es)

dijon mustard

1 tbsp (15g)

pickles

4 slices (28g)

sliced cheese

2 slice (2/3 oz ea) (38g)

roast beef cold cuts

4 oz (113g)

bread

2 slice(s) (64g)

1. Assemble sandwich by spreading mustard on one slice of bread and topping with remaining ingredients. Serve.

Lunch 4 [🔗](#)

Eat on day 4

Pesto chicken sweet potatoes

1 sweet potato(s) - 431 cal ● 30g protein ● 15g fat ● 38g carbs ● 7g fiber



Makes 1 sweet potato(s)

pesto sauce

2 tbsp (32g)

boneless skinless chicken breast, raw

4 oz (113g)

sweet potatoes

1 sweetpotato, 5" long (210g)

1. Microwave sweet potato(s) for 4-7 minutes, or until soft. (Optional: bake in 400F (200 C) oven for 45 min to 1 hr instead)
2. Meanwhile, put raw chicken in a pot and cover with about an inch of water. Bring to a boil and cook for 15-20 minutes until chicken is done.
3. Transfer chicken to a bowl and shred with 2 forks.
4. Add pesto to chicken and mix well. Stuff sweet potatoes with chicken mixture. Serve.

Tortilla chips

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

tortilla chips

1 oz (28g)

1. This recipe has no instructions.



Tomato and avocado salad

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



onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Lunch 5 [🔗](#)

Eat on day 5

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Cajun cod

10 oz - 312 cals ● 51g protein ● 10g fat ● 3g carbs ● 1g fiber



Makes 10 oz
cod, raw
10 oz (283g)
cajun seasoning
1 tbsp (8g)
oil
1/2 tbsp (8mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
 2. In a non-stick skillet, add the oil and heat the pan.
 3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
 4. Let sit a couple minutes and serve.
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Lunch 6 [↗](#)

Eat on day 6, day 7

Avocado, apple, chicken salad

412 cals ● 31g protein ● 25g fat ● 10g carbs ● 7g fiber



For single meal:

avocados, chopped

3/8 avocado(s) (75g)

apples, finely chopped

3/8 medium (3" dia) (68g)

raw celery

1 1/2 tbsp chopped (9g)

olive oil

3/4 tbsp (11mL)

garlic powder

1 1/2 dash (1g)

salt

3/4 dash (1g)

black pepper

3/4 dash, ground (0g)

lime juice

1/4 tbsp (4mL)

**boneless skinless chicken breast,
raw, cubed**

1/4 lbs (128g)

For all 2 meals:

avocados, chopped

3/4 avocado(s) (151g)

apples, finely chopped

3/4 medium (3" dia) (137g)

raw celery

3 tbsp chopped (19g)

olive oil

1 1/2 tbsp (23mL)

garlic powder

3 dash (1g)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash, ground (0g)

lime juice

1/2 tbsp (8mL)

**boneless skinless chicken breast,
raw, cubed**

1/2 lbs (255g)

1. Cube the chicken and season with salt and pepper.
2. Heat a skillet with some cooking oil over medium heat and add the chicken cubes. Cook until the chicken is cooked through, about 6-8 minutes.
3. While chicken is cooking, prepare the dressing by mixing the olive oil, lime juice, and garlic powder in a small bowl. Whisk to combine. Add salt and pepper to taste.
4. Combine all ingredients in a large bowl and toss to coat.
5. Serve.

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

4 tbsp, shelled (25g)

For all 2 meals:

walnuts

1/2 cup, shelled (50g)

1. This recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds

3 tbsp, whole (27g)

For all 3 meals:

almonds

1/2 cup, whole (80g)

1. This recipe has no instructions.

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples

1 medium (3" dia) (182g)

For all 3 meals:

apples

3 medium (3" dia) (546g)

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.

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)

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.

Snacks 3 [↗](#)

Eat on day 6, day 7

Cottage cheese & honey

1/2 cup(s) - 125 cal ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

honey

2 tsp (14g)

low fat cottage cheese (1% milkfat)

1/2 cup (113g)

For all 2 meals:

honey

4 tsp (28g)

low fat cottage cheese (1% milkfat)

1 cup (226g)

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

Crackers

5 1/3 cracker(s) - 90 cal ● 1g protein ● 4g fat ● 12g carbs ● 1g fiber



For single meal:

crackers
5 1/3 crackers (19g)

For all 2 meals:

crackers
10 2/3 crackers (37g)

1. Enjoy.

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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Basic chicken breast

8 oz - 317 cals ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1/2 lbs (224g)

For all 2 meals:

oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
1 lbs (448g)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

Easy chickpea salad

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



For single meal:

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

For all 2 meals:

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

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

Dinner 2 [↗](#)

Eat on day 3

Kefir

150 cals ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



kefir, flavored
1 cup (240mL)

1. Pour into a glass and drink.

Avocado tuna salad

436 cals ● 41g protein ● 24g fat ● 6g carbs ● 8g fiber



avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
mixed greens
1 cup (30g)
onion, minced
1/4 small (18g)
canned tuna
1 can (172g)
tomatoes
4 tbsp, chopped (45g)

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.

Dinner 3 [↗](#)

Eat on day 4

Simple mixed greens and tomato salad

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



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

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

Baked chicken with tomatoes & olives

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



Makes 6 oz

tomatoes

6 cherry tomatoes (102g)

olive oil

1 tsp (5mL)

salt

2 dash (2g)

green olives

6 large (26g)

black pepper

2 dash (0g)

chili powder

1 tsp (3g)

boneless skinless chicken breast, raw

6 oz (170g)

fresh basil, shredded

6 leaves (3g)

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.

Lentils

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



salt

1/2 dash (0g)

water

1 cup(s) (237mL)

lentils, raw, rinsed

4 tbsp (48g)

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.

Dinner 4 [🔗](#)

Eat on day 5

Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber

Makes 1/8 cup(s)

roasted cashews

2 tbsp, halves and whole (17g)



1. This recipe has no instructions.

Grilled chicken sandwich

1 sandwich(es) - 460 cals ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber



Makes 1 sandwich(es)

oil

1/2 tsp (3mL)

kaiser rolls

1 roll (3-1/2" dia) (57g)

dijon mustard

1/2 tbsp (8g)

mixed greens

4 tbsp (8g)

tomatoes

3 slice(s), thin/small (45g)

boneless skinless chicken breast, raw

1/2 lbs (227g)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

roasted cashews

2 tbsp, halves and whole (17g)

For all 2 meals:

roasted cashews

4 tbsp, halves and whole (34g)

1. This recipe has no instructions.

Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



For single meal:

canned tuna, drained
1 can (172g)
avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
bell pepper
1 large (164g)
onion
1/4 small (18g)

For all 2 meals:

canned tuna, drained
2 can (344g)
avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
bell pepper
2 large (328g)
onion
1/2 small (35g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
 2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
 3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.
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