



Basic chicken breast 8 oz- 317 cals

S 1

Sweet potato wedges 174 cals

Cottage cheese & fruit cup 1 container- 131 cals



Grapefruit 1/2 grapefruit- 59 cals

# Day 3

# Breakfast

345 cals, 15g protein, 26g net carbs, 18g fat



Cherry tomatoes 6 cherry tomatoes- 21 cals



Protein peanut butter toast 1 slice(s)- 322 cals

Snacks 305 cals, 32g protein, 27g net carbs, 7g fat



Tuna cucumber bites 115 cals



Cottage cheese & fruit cup 1 container- 131 cals



Grapefruit 1/2 grapefruit- 59 cals Lunch

560 cals, 28g protein, 41g net carbs, 28g fat



Cucumber slices 1/4 cucumber- 15 cals



Grilled cheese with sun dried tomatoes & spinach 1 sandwich(es)- 547 cals

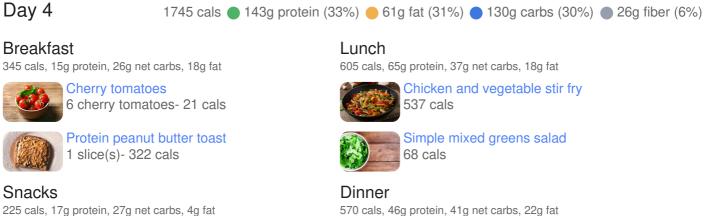
Dinner 570 cals, 46g protein, 41g net carbs, 22g fat



Teriyaki burgers 1 burger(s)- 399 cals



Edamame & beet salad 171 cals





2 kiwi- 94 cals



ogurt and cucumber 132 cals

570 cals, 46g protein, 41g net carbs, 22g fat



Teriyaki burgers 1 burger(s)- 399 cals



Edamame & beet salad 171 cals

Day 5 1723 cals	● 149g protein (35%) ● 54g fat (28%) ● 139g carbs (32%) ● 22g fiber (5%)	
Breakfast 345 cals, 15g protein, 26g net carbs, 18g fat	Lunch 540 cals, 46g protein, 54g net carbs, 12g fat	
Cherry tomatoes 6 cherry tomatoes- 21 cals	Chicken-broccoli-sweet potato bowl	
Protein peanut butter toas 1 slice(s)- 322 cals	t White rice 1/2 cup rice, cooked- 110 cals	
Snacks	Dinner	
225 cals, 17g protein, 27g net carbs, 4g fat	615 cals, 71g protein, 32g net carbs, 21g fat	
2 kiwi- 94 cals	10 2/3 oz- 377 cals	
Yogurt and cucumber 132 cals	Roast potatoes 238 cals	
Day 6 1770 cals • 142g protein (32%) • 61g fat (31%) • 141g carbs (32%) • 23g fiber (5%)		
Breakfast	Lunch	
310 cals, 9g protein, 39g net carbs, 11g fat	540 cals, 46g protein, 54g net carbs, 12g fat	

3

Large granola bar 1 bar(s)- 176 cals

Milk 1/2 cup(s)- 75 cals

Grapefruit 1/2 grapefruit- 59 cals

Snacks

305 cals, 16g protein, 15g net carbs, 17g fat



Cottage cheese & fruit cup 1 container- 131 cals





Dinner 615 cals, 71g protein, 32g net carbs, 21g fat

429 cals

White rice



Marinaded chicken breast 10 2/3 oz- 377 cals

Chicken-broccoli-sweet potato bowl

1/2 cup rice, cooked- 110 cals



Roast potatoes 238 cals

Day 7

# Breakfast

310 cals, 9g protein, 39g net carbs, 11g fat



Large granola bar 1 bar(s)- 176 cals

Milk 1/2 cup(s)- 75 cals

Grapefruit 1/2 grapefruit- 59 cals

Snacks 305 cals, 16g protein, 15g net carbs, 17g fat



Cottage cheese & fruit cup 1 container- 131 cals



1 container- 131 cals Avocado



Lunch

580 cals, 37g protein, 70g net carbs, 13g fat



Tomato soup 1 can(s)- 211 cals



Simple mixed greens and tomato salad 76 cals



Chicken-broccoli-quinoa bowl 293 cals

Dinner 595 cals, 68g protein, 36g net carbs, 17g fat



Sweet potato fries



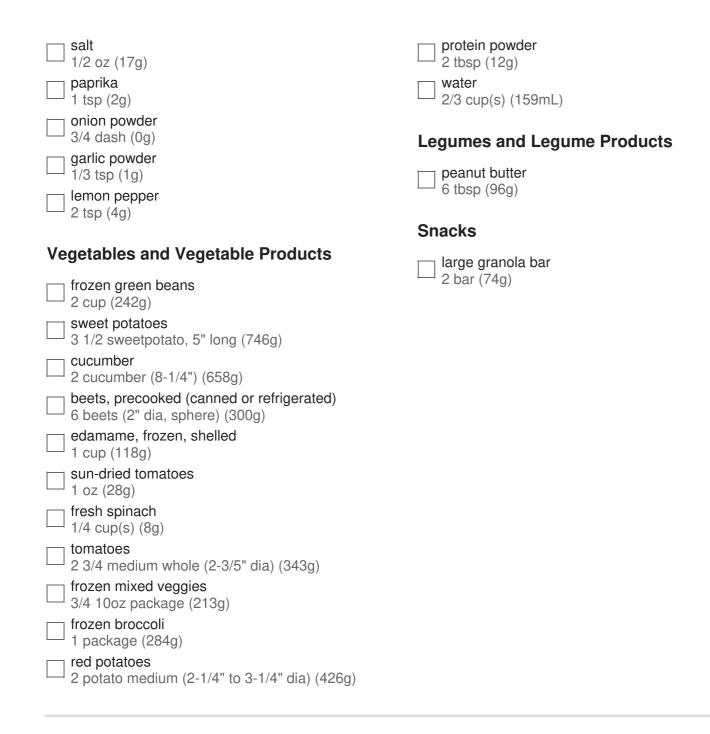
Lemon pepper chicken breast 10 oz- 370 cals





Fats and Oils	Poultry Products
□ oil 2 1/4 oz (67mL) □ olive oil	boneless skinless chicken breast, raw 4 1/2 lbs (2025g)
1 1/2 oz (47mL)	Finfish and Shellfish Products
2 tbsp (30mL) salad dressing 3 tbsp (45mL)	Canned tuna 3 packet (222g)
$\square \frac{\text{marinade sauce}}{2/3 \text{ cup (161mL)}}$	Other
	cottage cheese & fruit cup 5 container (850g)
Dairy and Egg Products	☐ teriyaki sauce 2 tbsp (30mL)
1 (5.3 oz ea) container(s) (150g) eggs	☐ mixed greens 5 cup (150g)
4 large (200g) whole milk	☐ stir-fry sauce 3 tbsp (51g)
└── 2 cup (480mL) ┌── provolone cheese	flavored quinoa mix 1/4 package (4.9 oz) (35g)
└── 2 slice(s) (56g) ┌── lowfat greek yogurt	Fruits and Fruit Juices
└── 1 cup (280g)	Grapefruit 2 1/2 large (approx 4-1/2" dia) (830g)
Nut and Seed Products	$\square \frac{\text{kiwi}}{4 \text{ fruit (276g)}}$
flax seeds 2 tbsp (20g)	avocados 1 avocado(s) (201g)
Cereal Grains and Pasta	☐ lemon juice 1 tsp (5mL)
uncooked dry pasta 1/2 lbs (228g)	Baked Products
long-grain white rice 1/3 cup (62g)	hamburger buns 2 bun(s) (102g)
Soups, Sauces, and Gravies	☐ bread 5 slice (160g)
pasta sauce 1/2 jar (24 oz) (336g)	Beef Products
pesto sauce 1 tbsp (16g) condensed canned tomato soup	ground beef (93% lean) 3/4 lbs (340g)
└── 1 can (10.5 oz) (298g)	Sweets
Spices and Herbs	honey
□ black pepper 5 g (5g)	└── 1 tbsp (21g)

# **Beverages**



# Recipes



# Breakfast 1 1

Eat on day 1, day 2

#### Flax jacks

3 flax jacks - 311 cals 🔵 21g protein 🛑 20g fat 🔵 9g carbs 🔵 4g fiber



oil 1 tsp (5mL) lowfat flavored greek yogurt 1/2 (5.3 oz ea) container(s) (75g) eggs 2 large (100g) flax seeds

For all 2 meals:

oil 2 tsp (10mL) lowfat flavored greek yogurt 1 (5.3 oz ea) container(s) (150g) eggs 4 large (200g) flax seeds 2 tbsp (20g)

- 1. Add flaxseed to a food processor or blender and grind until it forms a flour-like consistency.
- 2. Then, in a small bowl, scramble the eggs and ground flax together with a fork. Add some salt.
- 3. Heat oil in a skillet over medium-low heat. Pour in some of the batter and cook for a couple minutes until bottom has browned and the center is starting to solidify. Flip and cook another couple minutes to brown and cook the other side. Remove the flax jack from the skillet and repeat with the remaining batter (if making in bulk, make the number of flax jacks listed in the recipes serving details for serving size accuracy).
- 4. Top with flavored greek yogurt and serve.
- 5. Meal prep note: flax jacks can be stored in a ziplock bag in the fridge and reheated in the microwave.

# Breakfast 2 Z

Eat on day 3, day 4, day 5

### 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 3 meals:

tomatoes 18 cherry tomatoes (306g)

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

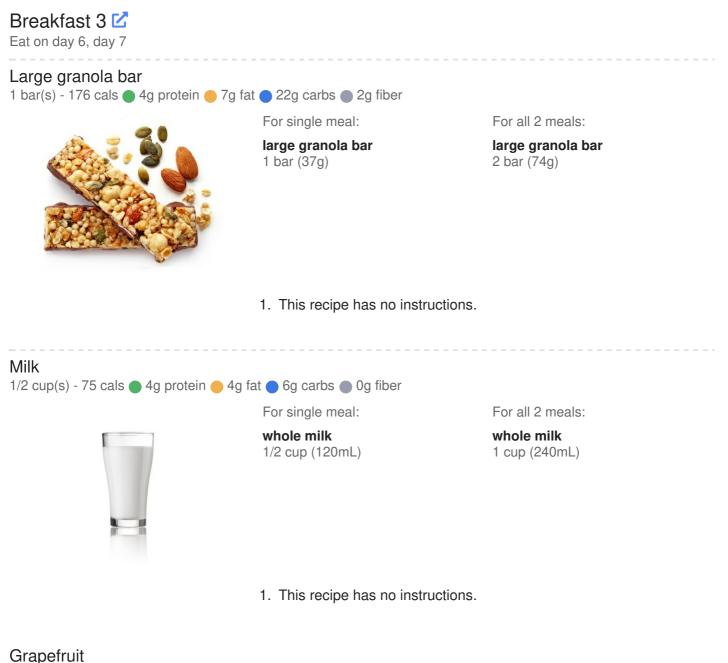
Protein peanut butter toast 1 slice(s) - 322 cals 
14g protein 
18g fat 
23g carbs 
4g fiber



honey 1 tsp (7g) protein powder 2 tsp (4g) peanut butter 2 tbsp (32g) bread 1 slice (32g) For all 3 meals:

honey 1 tbsp (21g) protein powder 2 tbsp (12g) peanut butter 6 tbsp (96g) bread 3 slice (96g)

- 1. Toast bread.
- 2. In a small bowl, mix together the peanut butter and protein powder until well-combined.
- 3. Spread peanut butter mixture over toast and drizzle with honey. Serve.

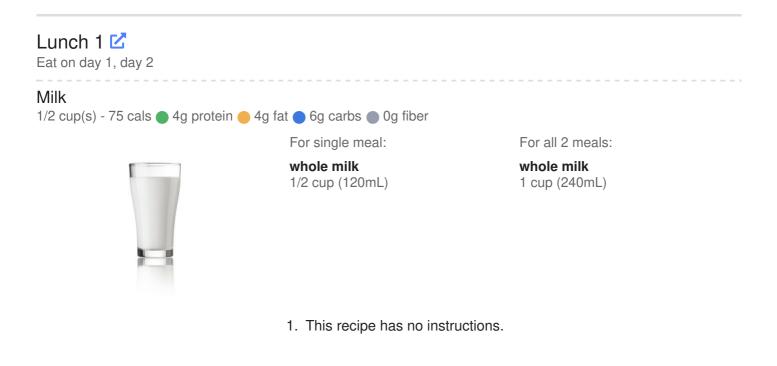




Grapefruit 1/2 large (approx 4-1/2" dia) (166g) For all 2 meals:

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)



# Pasta with store-bought sauce

510 cals 
18g protein 
4g fat 
94g carbs 
8g fiber



For single meal:

**uncooked dry pasta** 4 oz (114g) **pasta sauce** 1/4 jar (24 oz) (168g) For all 2 meals:

**uncooked dry pasta** 1/2 lbs (228g) **pasta sauce** 1/2 jar (24 oz) (336g)

- 1. Cook the pasta as directed on the package.
- 2. Top with sauce and enjoy.

Lunch 2 🗹

Eat on day 3

#### 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.

#### Grilled cheese with sun dried tomatoes & spinach 1 sandwich(es) - 547 cals • 27g protein • 28g fat • 38g carbs • 8g fiber



Makes 1 sandwich(es)

bread 2 slice (64g) pesto sauce 1 tbsp (16g) sun-dried tomatoes 1 oz (28g) fresh spinach 1/4 cup(s) (8g) olive oil 1 tsp (5mL) provolone cheese 2 slice(s) (56g)

- Divide the olive oil over the outside of each slice of bread.
- On one slice, spread the pesto, then layer a slice of cheese, topped with the tomatoes and spinach.
   Place the second slice of the cheese on top and close the sandwich.
- Cook the sandwiches on a skillet over medium heat, about 2-4 minutes on each side. Serve warm.

Lunch 3 🗹

Eat on day 4

#### Chicken and vegetable stir fry

537 cals 
64g protein 
13g fat 
33g carbs 
9g fiber



stir-fry sauce 3 tbsp (51g) frozen mixed veggies 3/4 10oz package (213g) oil, divided 1 tsp (6mL) black pepper 3 dash, ground (1g) salt 1 1/2 dash (1g) boneless skinless chicken breast, raw, cubed 1/2 lbs (252g)

- Heat half of the oil in a skillet over medium-high heat. When hot, add the cubed chicken and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove chicken and set aside.
- Put remaining oil into the skillet and add the frozen vegetables. Stir fry 4-5 minutes or until crisp but warmed through.
- 3. Return chicken to skillet, stir.
- Pour in stir-fry sauce and mix until it is well distributed.
- 5. Reduce heat to low and simmer until chicken is fully cooked.
- 6. Serve.

### 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.

Lunch 4 🗹

Eat on day 5, day 6

#### Chicken-broccoli-sweet potato bowl

429 cals • 44g protein • 11g fat • 30g carbs • 8g fiber



For single meal:

frozen broccoli 3/8 package (107g) sweet potatoes, cut into bitesized cubes 3/4 sweetpotato, 5" long (158g) paprika 3 dash (1g) boneless skinless chicken breast, raw, cut into bite-sized cubes 6 oz (168g) salt 3 dash (2g) black pepper 3 dash, ground (1g) olive oil 1/2 tbsp (8mL)

For all 2 meals:

frozen broccoli 3/4 package (213g) sweet potatoes, cut into bitesized cubes 1 1/2 sweetpotato, 5" long (315g) paprika 1/4 tbsp (2g) boneless skinless chicken breast, raw, cut into bite-sized cubes 3/4 lbs (336g) salt 1/4 tbsp (5g) black pepper 1/4 tbsp, ground (2g) olive oil 1 tbsp (15mL)

- 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.

White rice

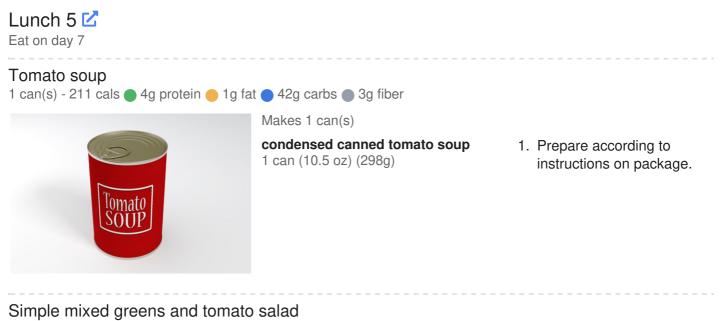
1/2 cup rice, cooked - 110 cals 
2g protein 
0g fat 
24g carbs 
1g fiber



long-grain white rice 2 2/3 tbsp (31g) water 1/3 cup(s) (79mL) salt 1 1/3 dash (1g) black pepper 1 dash, ground (0g) For all 2 meals:

long-grain white rice 1/3 cup (62g) water 2/3 cup(s) (158mL) salt 1/3 tsp (2g) black pepper 2 dash, ground (1g)

- 1. (Note: Follow rice package instructions if they differ from below)
- 2. In a saucepan with a good fitting lid bring water and salt to a boil.
- 3. Add rice and stir.
- 4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
- 5. Cook for 20 minutes.
- 6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
- 7. Remove from heat and fluff with fork, season with pepper, and serve.



76 cals  $\bigcirc$  2g protein  $\bigcirc$  5g fat  $\bigcirc$  5g carbs  $\bigcirc$  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.

Chicken-broccoli-quinoa bowl 293 cals 
31g protein 
7g fat 
23g carbs 
4g fiber



boneless skinless chicken breast, raw, cubed 4 oz (112g) frozen broccoli 1/4 package (71g) flavored quinoa mix 1/4 package (4.9 oz) (35g) salt 1 dash (1g) black pepper 1 dash, ground (0g) olive oil

- 1. Prepare the quinoa and broccoli according to the instructions on their packaging.
- 2. Meanwhile, heat a skillet with the olive oil over medium heat and season the cubed chicken with salt and pepper.
- Add the chicken to the skillet and cook 7-10 minutes until cooked through.
- Bring the chicken, broccoli, and quinoa together; stir (or keep it all separatewhichever you prefer!) Serve.

# Snacks 1 🗹

Eat on day 1, day 2, day 3

# Tuna cucumber bites

115 cals • 17g protein • 4g fat • 3g carbs • 0g fiber



For single meal:

1/2 tsp (3mL)

cucumber, sliced 1/4 cucumber (8-1/4") (75g) canned tuna 1 packet (74g) For all 3 meals:

cucumber, sliced 3/4 cucumber (8-1/4") (226g) canned tuna 3 packet (222g)

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

Cottage cheese & fruit cup 1 container - 131 cals 14g protein 3g fat 13g carbs 0g fiber



**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.

# Grapefruit

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

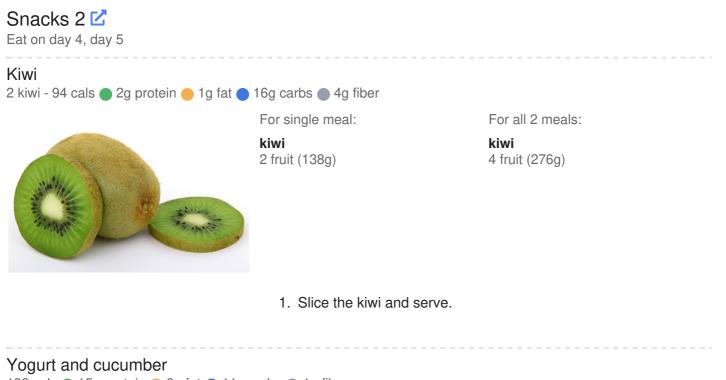


For single meal:

Grapefruit 1/2 large (approx 4-1/2" dia) (166g) For all 3 meals:

Grapefruit 1 1/2 large (approx 4-1/2" dia) (498g)

- 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)



132 cals 
15g protein 
3g fat 
11g carbs 
1g fiber



cucumber 1/2 cucumber (8-1/4") (151g) lowfat greek yogurt 1/2 cup (140g)

For all 2 meals:

cucumber 1 cucumber (8-1/4") (301g) lowfat greek yogurt 1 cup (280g)

1. Slice cucumber and dip in yogurt.

Snacks 3 🗹

Eat on day 6, day 7

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

176 cals 2g protein 15g fat 2g carbs 7g fiber



For single meal:

avocados 1/2 avocado(s) (101g) lemon juice 1/2 tsp (3mL)

For all 2 meals:

avocados 1 avocado(s) (201g) lemon juice 1 tsp (5mL)

- 1. Open the avocado and scoop out the flesh.
- 2. Sprinkle with lemon or lime juice as desired.
- 3. Serve and eat.

# Dinner 1 🗹

Eat on day 1, day 2

#### Olive oil drizzled green beans

108 cals 
2g protein 
7g fat 
6g carbs 
3g fiber



#### For single meal:

black pepper 3/4 dash (0g) salt 3/4 dash (0g) frozen green beans 1 cup (121g) olive oil 1/2 tbsp (8mL)

For all 2 meals:

black pepper 1 1/2 dash (0g) salt  $1 \frac{1}{2} \operatorname{dash}(1g)$ frozen green beans 2 cup (242g) olive oil 1 tbsp (15mL)

- 1. Prepare green beens according to instructions on package.
- 2. Top with olive oil and season with salt and pepper.

### Basic chicken breast

8 oz - 317 cals Sog protein 13g fat Og carbs Og fiber



For single meal:

oil 1/2 tbsp (8mL) raw 1/2 lbs (224g)

For all 2 meals:

oil 1 tbsp (15mL) boneless skinless chicken breast, 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.

### Sweet potato wedges

174 cals 2g protein 6g fat 24g carbs 4g fiber

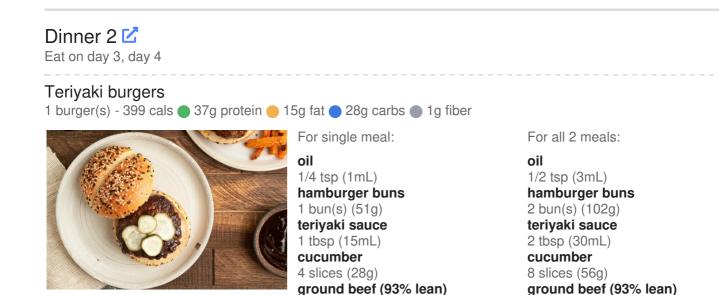


For single meal: oil 1/2 tbsp (8mL) sweet potatoes, cut into wedges 2/3 sweetpotato, 5" long (140g) salt 1/3 tsp (2g) black pepper 1 1/3 dash, ground (0g) For all 2 meals:

3/4 lbs (340g)

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

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



6 oz (170g)

- 1. Generously season beef with salt and pepper.
- 2. Form the beef into a hamburger shape.
- 3. Heat oil in a skillet over medium-high heat. Add hamburger and cook, turning once, until browned and cooked to desired doneness, about 2-4 minutes per side.
- 4. Remove hamburger from the skillet and brush with the teriyaki sauce.
- 5. Place hamburger on the bottom half of the bun and top with sliced cucumber. Close with bun top and serve.

### Edamame & beet salad 171 cals • 9g protein • 7g fat • 12g carbs • 6g fiber



balsamic vinaigrette 1 tbsp (15mL) beets, precooked (canned or refrigerated), chopped 2 beets (2" dia, sphere) (100g) edamame, frozen, shelled 1/2 cup (59g) mixed greens 1 cup (30g)

For all 2 meals:

balsamic vinaigrette 2 tbsp (30mL) beets, precooked (canned or refrigerated), chopped 4 beets (2" dia, sphere) (200g) edamame, frozen, shelled 1 cup (118g) mixed greens 2 cup (60g)

- 1. Cook edamame according to package instructions.
- 2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

# Dinner 3 🗹

Eat on day 5, day 6

# Marinaded chicken breast

10 2/3 oz - 377 cals 
67g protein 
11g fat 
2g carbs 
0g fiber



For single meal:

boneless skinless chicken breast, boneless skinless chicken breast, raw 2/3 lbs (299g) marinade sauce 1/3 cup (80mL)

For all 2 meals:

raw 1 1/3 lbs (597a)

marinade sauce 2/3 cup (160mL)

- 1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
- 2. Refrigerate and marinade 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.

Roast potatoes

238 cals 4 g protein 9 g fat 31 g carbs 4 g fiber



onion powder 1/3 dash (0g) black pepper 1/3 dash, ground (0g) garlic powder 2/3 dash (0g) salt 2 dash (2g) red potatoes, cubed 1 potato medium (2-1/4" to 3-1/4" dia) (213g) oil 2 tsp (10mL) For all 2 meals:

onion powder 2/3 dash (0g) black pepper 2/3 dash, ground (0g) garlic powder 1 1/3 dash (1g) salt 4 dash (3g) red potatoes, cubed 2 potato medium (2-1/4" to 3-1/4" dia) (426g) oil 4 tsp (20mL)

- 1. Preheat the oven to 450°F (230°C).
- 2. In a large bowl, toss the potatoes with the oil and spices. Spread the potatoes in the bottom of the prepared baking pan.
- 3. Bake for 25-30 minutes, or until potatoes are tender. Stir the potatoes once after about 15 minutes of baking so they brown on all sides.
- 4. Serve warm.

# Dinner 4 🗹

Eat on day 7

### Sweet potato fries

177 cals 
3g protein 
5g fat 
26g carbs 
5g fiber



**sweet potatoes, peeled** 1/3 lbs (151g) **olive oil** 1 tsp (5mL) **garlic powder** 1 1/3 dash (1g) **paprika** 1 1/3 dash (0g) **salt** 1 1/3 dash (1g) **black pepper** 2/3 dash, ground (0g)

- 1. Heat the oven to 400.
- 2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
- 3. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out evenly on a baking sheet.
- 4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes.
- 5. Serve.

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)

- First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
- 2. STOVETOP
- 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.
- 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.
- Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
- 9. BROILED/GRILLED
- 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.

### Beets

2 beets - 48 cals 
2 g protein 
0 g fat 
8 g carbs 
2 g fiber



Makes 2 beets

beets, precooked (canned or refrigerated)

2 beets (2" dia, sphere) (100g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.