

Meal Plan - 1800 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

1801 cals ● 129g protein (29%) ● 60g fat (30%) ● 167g carbs (37%) ● 21g fiber (5%)

Breakfast

310 cals, 21g protein, 9g net carbs, 20g fat



[Flax jacks](#)

3 flax jacks- 311 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

585 cals, 21g protein, 100g net carbs, 8g fat



[Milk](#)

1/2 cup(s)- 75 cals



[Pasta with store-bought sauce](#)

510 cals

Dinner

600 cals, 55g protein, 30g net carbs, 26g fat



[Olive oil drizzled green beans](#)

108 cals



[Basic chicken breast](#)

8 oz- 317 cals



[Sweet potato wedges](#)

174 cals

Day 2

1801 cals ● 129g protein (29%) ● 60g fat (30%) ● 167g carbs (37%) ● 21g fiber (5%)

Breakfast

310 cals, 21g protein, 9g net carbs, 20g fat



[Flax jacks](#)

3 flax jacks- 311 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

585 cals, 21g protein, 100g net carbs, 8g fat



[Milk](#)

1/2 cup(s)- 75 cals



[Pasta with store-bought sauce](#)

510 cals

Dinner

600 cals, 55g protein, 30g net carbs, 26g fat



[Olive oil drizzled green beans](#)

108 cals



[Basic chicken breast](#)

8 oz- 317 cals



[Sweet potato wedges](#)

174 cals

Day 3

1781 cals ● 121g protein (27%) ● 75g fat (38%) ● 134g carbs (30%) ● 22g fiber (5%)

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

Day 4

1745 cals ● 143g protein (33%) ● 61g fat (31%) ● 130g carbs (30%) ● 26g fiber (6%)

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

225 cals, 17g protein, 27g net carbs, 4g fat



Kiwi

2 kiwi- 94 cals



Yogurt and cucumber

132 cals

Lunch

605 cals, 65g protein, 37g net carbs, 18g fat



Chicken and vegetable stir fry

537 cals



Simple mixed greens salad

68 cals

Dinner

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



Cherry tomatoes

6 cherry tomatoes- 21 cals



Protein peanut butter toast

1 slice(s)- 322 cals

Snacks

225 cals, 17g protein, 27g net carbs, 4g fat



Kiwi

2 kiwi- 94 cals



Yogurt and cucumber

132 cals

Lunch

540 cals, 46g protein, 54g net carbs, 12g fat



Chicken-broccoli-sweet potato bowl

429 cals



White rice

1/2 cup rice, cooked- 110 cals

Dinner

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



Marinated chicken breast

10 2/3 oz- 377 cals



Roast potatoes

238 cals

Day 6

1770 cals ● 142g protein (32%) ● 61g fat (31%) ● 141g carbs (32%) ● 23g fiber (5%)

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



Avocado

176 cals

Lunch

540 cals, 46g protein, 54g net carbs, 12g fat



Chicken-broccoli-sweet potato bowl

429 cals



White rice

1/2 cup rice, cooked- 110 cals

Dinner

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



Marinated chicken breast

10 2/3 oz- 377 cals



Roast potatoes

238 cals

Day 7

1790 cals ● 129g protein (29%) ● 58g fat (29%) ● 161g carbs (36%) ● 27g fiber (6%)

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



Avocado
176 cals

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
177 cals



Lemon pepper chicken breast
10 oz- 370 cals



Beets
2 beets- 48 cals

Fats and Oils

- ☐ oil
2 1/4 oz (67mL)
- ☐ olive oil
1 1/2 oz (47mL)
- ☐ balsamic vinaigrette
2 tbsp (30mL)
- ☐ salad dressing
3 tbsp (45mL)
- ☐ marinade sauce
2/3 cup (161mL)

Dairy and Egg Products

- ☐ lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)
- ☐ eggs
4 large (200g)
- ☐ whole milk
2 cup (480mL)
- ☐ provolone cheese
2 slice(s) (56g)
- ☐ lowfat greek yogurt
1 cup (280g)

Nut and Seed Products

- ☐ flax seeds
2 tbsp (20g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
1/2 lbs (228g)
- ☐ long-grain white rice
1/3 cup (62g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/2 jar (24 oz) (336g)
- ☐ pesto sauce
1 tbsp (16g)
- ☐ condensed canned tomato soup
1 can (10.5 oz) (298g)

Spices and Herbs

- ☐ black pepper
5 g (5g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
4 1/2 lbs (2025g)

Finfish and Shellfish Products

- ☐ canned tuna
3 packet (222g)

Other

- ☐ cottage cheese & fruit cup
5 container (850g)
- ☐ teriyaki sauce
2 tbsp (30mL)
- ☐ mixed greens
5 cup (150g)
- ☐ stir-fry sauce
3 tbsp (51g)
- ☐ flavored quinoa mix
1/4 package (4.9 oz) (35g)

Fruits and Fruit Juices

- ☐ Grapefruit
2 1/2 large (approx 4-1/2" dia) (830g)
- ☐ kiwi
4 fruit (276g)
- ☐ avocados
1 avocado(s) (201g)
- ☐ lemon juice
1 tsp (5mL)

Baked Products

- ☐ hamburger buns
2 bun(s) (102g)
- ☐ bread
5 slice (160g)

Beef Products

- ☐ ground beef (93% lean)
3/4 lbs (340g)

Sweets

- ☐ honey
1 tbsp (21g)

Beverages

☐ salt
1/2 oz (17g)

☐ paprika
1 tsp (2g)

☐ onion powder
3/4 dash (0g)

☐ garlic powder
1/3 tsp (1g)

☐ lemon pepper
2 tsp (4g)

Vegetables and Vegetable Products

☐ frozen green beans
2 cup (242g)

☐ sweet potatoes
3 1/2 sweetpotato, 5" long (746g)

☐ cucumber
2 cucumber (8-1/4") (658g)

☐ beets, precooked (canned or refrigerated)
6 beets (2" dia, sphere) (300g)

☐ edamame, frozen, shelled
1 cup (118g)

☐ sun-dried tomatoes
1 oz (28g)

☐ fresh spinach
1/4 cup(s) (8g)

☐ tomatoes
2 3/4 medium whole (2-3/5" dia) (343g)

☐ frozen mixed veggies
3/4 10oz package (213g)

☐ frozen broccoli
1 package (284g)

☐ red potatoes
2 potato medium (2-1/4" to 3-1/4" dia) (426g)

☐ protein powder
2 tbsp (12g)

☐ water
2/3 cup(s) (159mL)

Legumes and Legume Products

☐ peanut butter
6 tbsp (96g)

Snacks

☐ large granola bar
2 bar (74g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Flax jacks

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



For single meal:

oil
1 tsp (5mL)
lowfat flavored greek yogurt
1/2 (5.3 oz ea) container(s) (75g)
eggs
2 large (100g)
flax seeds
1 tbsp (10g)

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 [↗](#)

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



For single meal:

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.

Breakfast 3 [🔗](#)

Eat on day 6, day 7

Large granola bar

1 bar(s) - 176 cal● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

large granola bar
1 bar (37g)

For all 2 meals:

large granola bar
2 bar (74g)

1. This recipe has no instructions.

Milk

1/2 cup(s) - 75 cal● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup (120mL)

For all 2 meals:

whole milk
1 cup (240mL)

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)

Lunch 1 [↗](#)

Eat on day 1, day 2

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk

1/2 cup (120mL)

For all 2 meals:

whole milk

1 cup (240mL)

1. This recipe has no instructions.

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)

1. Divide the olive oil over the outside of each slice of bread.
 2. 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.
 3. Cook the sandwiches on a skillet over medium heat, about 2-4 minutes on each side. Serve warm.
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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)

1. 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.
2. 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.
4. 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 cal ● 44g protein ● 11g fat ● 30g carbs ● 8g fiber



For single meal:

frozen broccoli
3/8 package (107g)
sweet potatoes, cut into bite-sized 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 bite-sized 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 cal ● 2g protein ● 0g fat ● 24g carbs ● 1g fiber



For single meal:

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.

Lunch 5 [↗](#)

Eat on day 7

Tomato soup

1 can(s) - 211 cals ● 4g protein ● 1g fat ● 42g carbs ● 3g fiber



Makes 1 can(s)

condensed canned tomato soup

1 can (10.5 oz) (298g)

1. Prepare according to instructions on package.

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.

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
1/2 tsp (3mL)

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.
3. Add the chicken to the skillet and cook 7-10 minutes until cooked through.
4. Bring the chicken, broccoli, and quinoa together; stir (or keep it all separate- whichever you prefer!) Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Tuna cucumber bites

115 cal ● 17g protein ● 4g fat ● 3g carbs ● 0g fiber



For single meal:

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 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:
cottage cheese & fruit cup
1 container (170g)

For all 3 meals:
cottage cheese & fruit cup
3 container (510g)

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

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 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)

Snacks 2

Eat on day 4, day 5

Kiwi

2 kiwi - 94 cal● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



For single meal:
kiwi
2 fruit (138g)

For all 2 meals:
kiwi
4 fruit (276g)

1. Slice the kiwi and serve.

Yogurt and cucumber

132 cal● 15g protein ● 3g fat ● 11g carbs ● 1g fiber



For single meal:

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 cal ● 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 cal ● 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.
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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 1/2 dash (1g)
frozen green beans
2 cup (242g)
olive oil
1 tbsp (15mL)

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

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.

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:

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.

Dinner 2 [↗](#)

Eat on day 3, day 4

Teriyaki burgers

1 burger(s) - 399 cal ● 37g protein ● 15g fat ● 28g carbs ● 1g fiber



For single meal:

oil
1/4 tsp (1mL)
hamburger buns
1 bun(s) (51g)
teriyaki sauce
1 tbsp (15mL)
cucumber
4 slices (28g)
ground beef (93% lean)
6 oz (170g)

For all 2 meals:

oil
1/2 tsp (3mL)
hamburger buns
2 bun(s) (102g)
teriyaki sauce
2 tbsp (30mL)
cucumber
8 slices (56g)
ground beef (93% lean)
3/4 lbs (340g)

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 cal ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:

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

Marinated chicken breast

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



For single meal:

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

For all 2 meals:

boneless skinless chicken breast, raw
1 1/3 lbs (597g)
marinade sauce
2/3 cup (160mL)

1. Place the chicken in a ziploc bag with the marinade and mash it around to ensure the chicken is fully coated.
2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

Roast potatoes

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



For single meal:

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)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP**
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. **BAKED**
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. **BROILED/GRILLED**
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.

Beets

2 beets - 48 cals ● 2g protein ● 0g fat ● 8g carbs ● 2g 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.