

# Meal Plan - 2100 calorie meal plan to gain muscle/weight



[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

2120 cals ● 142g protein (27%) ● 79g fat (33%) ● 174g carbs (33%) ● 37g fiber (7%)

### Breakfast

355 cals, 25g protein, 20g net carbs, 18g fat



[Sweet potato breakfast skillet](#)  
226 cals



[Cottage cheese & fruit cup](#)  
1 container- 131 cals

### Snacks

290 cals, 8g protein, 28g net carbs, 13g fat



[Fruit juice](#)  
1/2 cup(s)- 57 cals



[Grapes](#)  
77 cals



[Roasted peanuts](#)  
1/6 cup(s)- 153 cals

### Lunch

750 cals, 50g protein, 82g net carbs, 17g fat



[Marinated chicken breast](#)  
6 oz- 212 cals



[Mashed sweet potatoes](#)  
366 cals



[Roasted brussels sprouts](#)  
174 cals

### Dinner

725 cals, 59g protein, 44g net carbs, 32g fat



[Baked sweet potatoes](#)  
1 sweet potato(s)- 216 cals



[Chicken sausage](#)  
4 link- 508 cals

## Day 2

2090 cals ● 156g protein (30%) ● 96g fat (41%) ● 109g carbs (21%) ● 41g fiber (8%)

### Breakfast

355 cals, 25g protein, 20g net carbs, 18g fat



[Sweet potato breakfast skillet](#)  
226 cals



[Cottage cheese & fruit cup](#)  
1 container- 131 cals

### Snacks

290 cals, 8g protein, 28g net carbs, 13g fat



[Fruit juice](#)  
1/2 cup(s)- 57 cals



[Grapes](#)  
77 cals



[Roasted peanuts](#)  
1/6 cup(s)- 153 cals

### Lunch

720 cals, 62g protein, 25g net carbs, 33g fat



[Pan seared breaded tilapia](#)  
8 oz- 401 cals



[Garlic collard greens](#)  
319 cals

### Dinner

725 cals, 61g protein, 37g net carbs, 32g fat



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



[Almond crusted tilapia](#)  
8 oz- 565 cals

## Day 3

2143 cals ● 150g protein (28%) ● 98g fat (41%) ● 130g carbs (24%) ● 35g fiber (6%)

### Breakfast

355 cals, 25g protein, 20g net carbs, 18g fat



[Sweet potato breakfast skillet](#)  
226 cals



[Cottage cheese & fruit cup](#)  
1 container- 131 cals

### Snacks

340 cals, 10g protein, 37g net carbs, 15g fat



[Milk](#)  
2/3 cup(s)- 99 cals



[Small granola bar](#)  
2 bar(s)- 238 cals

### Lunch

720 cals, 62g protein, 25g net carbs, 33g fat



[Pan seared breaded tilapia](#)  
8 oz- 401 cals



[Garlic collard greens](#)  
319 cals

### Dinner

730 cals, 53g protein, 48g net carbs, 32g fat



[Basic chicken thighs](#)  
9 oz- 383 cals



[Sweet potato wedges](#)  
347 cals

## Day 4

2140 cals ● 151g protein (28%) ● 113g fat (48%) ● 107g carbs (20%) ● 21g fiber (4%)

### Breakfast

385 cals, 27g protein, 15g net carbs, 22g fat



Cottage cheese & fruit cup  
1 container- 131 cals



Egg in an eggplant  
120 cals



Sunflower seeds  
135 cals

### Snacks

340 cals, 10g protein, 37g net carbs, 15g fat



Milk  
2/3 cup(s)- 99 cals



Small granola bar  
2 bar(s)- 238 cals

### Lunch

685 cals, 61g protein, 6g net carbs, 43g fat



Simple sauteed spinach  
249 cals



Basic ground turkey  
9 1/3 oz- 438 cals

### Dinner

730 cals, 53g protein, 48g net carbs, 32g fat



Basic chicken thighs  
9 oz- 383 cals



Sweet potato wedges  
347 cals

## Day 5

1824 cals ● 163g protein (36%) ● 62g fat (31%) ● 134g carbs (29%) ● 20g fiber (4%)

### Breakfast

385 cals, 27g protein, 15g net carbs, 22g fat



Cottage cheese & fruit cup  
1 container- 131 cals



Egg in an eggplant  
120 cals



Sunflower seeds  
135 cals

### Snacks

320 cals, 14g protein, 41g net carbs, 8g fat



Dark chocolate  
1 square(s)- 60 cals



Plain yogurt  
1 cup(s)- 155 cals



Apple  
1 apple(s)- 105 cals

### Lunch

475 cals, 58g protein, 21g net carbs, 16g fat



Buttered lima beans  
110 cals



Easy garlic chicken  
8 oz- 365 cals

### Dinner

645 cals, 64g protein, 56g net carbs, 15g fat



White rice  
2/3 cup rice, cooked- 147 cals



Teriyaki chicken  
8 oz- 380 cals



Easy chickpea salad  
117 cals

## Day 6

1782 cals ● 154g protein (35%) ● 56g fat (28%) ● 145g carbs (33%) ● 20g fiber (4%)

### Breakfast

345 cals, 18g protein, 27g net carbs, 17g fat



Nectarine

1 nectarine(s)- 70 cals



Scrambled eggs with spinach, parmesan & tomato  
124 cals



Milk

1 cup(s)- 149 cals

### Snacks

320 cals, 14g protein, 41g net carbs, 8g fat



Dark chocolate

1 square(s)- 60 cals



Plain yogurt

1 cup(s)- 155 cals



Apple

1 apple(s)- 105 cals

### Lunch

475 cals, 58g protein, 21g net carbs, 16g fat



Buttered lima beans

110 cals



Easy garlic chicken

8 oz- 365 cals

### Dinner

645 cals, 64g protein, 56g net carbs, 15g fat



White rice

2/3 cup rice, cooked- 147 cals



Teriyaki chicken

8 oz- 380 cals



Easy chickpea salad

117 cals

## Day 7

2112 cals ● 131g protein (25%) ● 94g fat (40%) ● 152g carbs (29%) ● 34g fiber (6%)

### Breakfast

345 cals, 18g protein, 27g net carbs, 17g fat



Nectarine

1 nectarine(s)- 70 cals



Scrambled eggs with spinach, parmesan & tomato  
124 cals



Milk

1 cup(s)- 149 cals

### Snacks

320 cals, 14g protein, 41g net carbs, 8g fat



Dark chocolate

1 square(s)- 60 cals



Plain yogurt

1 cup(s)- 155 cals



Apple

1 apple(s)- 105 cals

### Lunch

780 cals, 51g protein, 40g net carbs, 42g fat



Roast beef wrap

1 1/2 wrap(s)- 605 cals



Avocado

176 cals

### Dinner

670 cals, 48g protein, 45g net carbs, 27g fat



Garlic collard greens

212 cals



Shredded bbq & ranch chicken sandwich

1 sandwich(es)- 456 cals

## Vegetables and Vegetable Products

- ☐ sweet potatoes  
6 sweetpotato, 5" long (1290g)
- ☐ brussels sprouts  
6 oz (170g)
- ☐ lima beans, frozen  
7/8 package (10 oz) (249g)
- ☐ collard greens  
2 2/3 lbs (1210g)
- ☐ garlic  
13 3/4 clove(s) (41g)
- ☐ eggplant  
2 1 inch (2.5 cm) slice(s) (120g)
- ☐ fresh spinach  
12 cup(s) (360g)
- ☐ fresh parsley  
1 1/2 sprigs (2g)
- ☐ tomatoes  
1 1/4 medium whole (2-3/5" dia) (158g)
- ☐ onion  
1/4 small (18g)
- ☐ romaine lettuce  
1/8 head (48g)

## Dairy and Egg Products

- ☐ eggs  
5 1/2 large (275g)
- ☐ butter  
3/8 stick (47g)
- ☐ whole milk  
3 1/3 cup (799mL)
- ☐ plain lowfat yogurt  
3 cup (735g)
- ☐ parmesan cheese  
2 tbsp (10g)
- ☐ sliced cheese  
1 1/2 slice (1 oz ea) (42g)

## Fats and Oils

- ☐ olive oil  
2 1/2 oz (81mL)
- ☐ marinade sauce  
3 tbsp (46mL)
- ☐ oil  
1/4 lbs (115mL)
- ☐ ranch dressing  
2 tsp (10mL)

## Spices and Herbs

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
3 lbs (1329g)
- ☐ boneless skinless chicken thighs  
18 oz (510g)
- ☐ ground turkey, raw  
9 1/3 oz (265g)

## Other

- ☐ cottage cheese & fruit cup  
5 container (850g)
- ☐ teriyaki sauce  
1/2 cup (120mL)

## Sausages and Luncheon Meats

- ☐ chicken sausage, cooked  
4 link (336g)
- ☐ roast beef cold cuts  
6 oz (170g)

## Legumes and Legume Products

- ☐ roasted peanuts  
1/3 cup (49g)
- ☐ chickpeas, canned  
1/2 can (224g)

## Finfish and Shellfish Products

- ☐ tilapia, raw  
1 1/2 lbs (672g)

## Nut and Seed Products

- ☐ almonds  
1/3 cup, slivered (36g)
- ☐ sunflower kernels  
1 1/2 oz (43g)

## Cereal Grains and Pasta

- ☐ all-purpose flour  
1/2 cup(s) (69g)
- ☐ long-grain white rice  
1/2 cup (82g)

## Snacks

- ☐ small granola bar  
4 bar (100g)

- ☐ salt  
1 oz (26g)
- ☐ black pepper  
1/6 oz (6g)
- ☐ oregano, dried  
1/2 dash, ground (0g)
- ☐ balsamic vinegar  
1/2 tbsp (8mL)
- ☐ mustard  
1/2 tbsp (8g)

## Fruits and Fruit Juices

- ☐ avocados  
1 1/4 avocado(s) (251g)
- ☐ fruit juice  
8 fl oz (240mL)
- ☐ grapes  
2 2/3 cup (245g)
- ☐ apples  
3 medium (3" dia) (546g)
- ☐ nectarine  
2 medium (2-1/2" dia) (284g)
- ☐ lemon juice  
1/2 tsp (3mL)

## Sweets

- ☐ Chocolate, dark, 70-85%  
3 square(s) (30g)

## Baked Products

- ☐ bread crumbs  
1/3 cup (36g)
- ☐ hamburger buns  
1 bun(s) (51g)
- ☐ flour tortillas  
1 1/2 tortilla (approx 7-8" dia) (74g)

## Beverages

- ☐ water  
1 cup(s) (211mL)

## Soups, Sauces, and Gravies

- ☐ apple cider vinegar  
1/2 tbsp (0mL)
  - ☐ barbecue sauce  
2 tbsp (34g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Sweet potato breakfast skillet

226 cals ● 11g protein ● 15g fat ● 7g carbs ● 4g fiber



For single meal:

**sweet potatoes**  
4 tbsp, cubes (33g)  
**eggs**  
1/2 large (25g)  
**olive oil**  
1 tsp (5mL)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**boneless skinless chicken breast, raw**  
2 2/3 tbsp, chopped, cooked (30g)

For all 3 meals:

**sweet potatoes**  
3/4 cup, cubes (100g)  
**eggs**  
1 1/2 large (75g)  
**olive oil**  
1 tbsp (15mL)  
**salt**  
3 dash (1g)  
**black pepper**  
3 dash (0g)  
**avocados, sliced**  
3/4 avocado(s) (151g)  
**boneless skinless chicken breast, raw**  
1/2 cup, chopped, cooked (90g)

1. Preheat the oven to 350 F (180 C).
2. In a small skillet add a little bit of the oil and when heated, add the cubed chicken. Cook until done, 7-10 minutes.
3. Meanwhile, preheat a separate, oven-proof, small skillet over medium-heat. When skillet is hot, add the oil and the sweet potato. Season with a small pinch of salt and pepper and stir occasionally until sweet potato is cooked through, about 5-7 minutes, depending on thickness.
4. When potato is cooked through, add the chicken and stir. Saute for another 1-2 minutes.
5. Move the potato mixture around to make a hole in the center of the skillet. Carefully crack the egg and drop it into the hole. Sprinkle the egg with a tiny bit of salt and pepper.
6. Carefully transfer the skillet to the oven and bake for about 5 minutes for a runny yolk. If you want the yolk to be harder, bake for 7-8 minutes.
7. Remove from the oven, transfer to plate and garnish with sliced avocado.

### 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 3 meals:

**cottage cheese & fruit cup**  
3 container (510g)

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



## Breakfast 2 [↗](#)

Eat on day 4, day 5

### 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.

### Egg in an eggplant

120 cals ● 7g protein ● 9g fat ● 1g carbs ● 2g fiber



For single meal:

**eggs**  
1 large (50g)  
**eggplant**  
1 1 inch (2.5 cm) slice(s) (60g)  
**oil**  
1 tsp (5mL)

For all 2 meals:

**eggs**  
2 large (100g)  
**eggplant**  
2 1 inch (2.5 cm) slice(s) (120g)  
**oil**  
2 tsp (10mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

### Sunflower seeds

135 cals ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
3/4 oz (21g)

For all 2 meals:

**sunflower kernels**  
1 1/2 oz (43g)

1. This recipe has no instructions.



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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Nectarine

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



For single meal:

**nectarine, pitted**  
1 medium (2-1/2" dia) (142g)

For all 2 meals:

**nectarine, pitted**  
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.
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### Scrambled eggs with spinach, parmesan & tomato

124 cals ● 9g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

**eggs**  
1 large (50g)  
**olive oil**  
1/2 tsp (3mL)  
**fresh spinach**  
1 cup(s) (30g)  
**parmesan cheese**  
1 tbsp (5g)  
**tomatoes, halved**  
2 tbsp cherry tomatoes (19g)  
**garlic, minced**  
2 dash (1g)

For all 2 meals:

**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)

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.

### Milk

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



For single meal:

**whole milk**  
1 cup (240mL)

For all 2 meals:

**whole milk**  
2 cup (480mL)

1. This recipe has no instructions.

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## Lunch 1 [↗](#)

Eat on day 1

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### Marinated chicken breast

6 oz - 212 cals ● 38g protein ● 6g fat ● 1g carbs ● 0g fiber



Makes 6 oz

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

6 oz (168g)

**marinade sauce**

3 tbsp (45mL)

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 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.

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### Mashed sweet potatoes

366 cals ● 7g protein ● 0g fat ● 72g carbs ● 13g fiber



**sweet potatoes**  
2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

## Roasted brussels sprouts

174 cals ● 5g protein ● 10g fat ● 9g carbs ● 7g fiber



**brussels sprouts**  
6 oz (170g)  
**olive oil**  
3/4 tbsp (11mL)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 dash, ground (0g)

1. Preheat oven to 400 F (200 C).
  2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
  3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
  4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
  5. Remove from oven and serve.
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## Lunch 2 [↗](#)

Eat on day 2, day 3

### Pan seared breaded tilapia

8 oz - 401 cals ● 47g protein ● 16g fat ● 16g carbs ● 1g fiber



For single meal:

**butter, melted**  
2 tsp (9g)  
**all-purpose flour**  
1/6 cup(s) (21g)  
**tilapia, raw**  
1/2 lbs (224g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**olive oil**  
1 tsp (5mL)

For all 2 meals:

**butter, melted**  
4 tsp (19g)  
**all-purpose flour**  
1/3 cup(s) (42g)  
**tilapia, raw**  
16 oz (448g)  
**salt**  
1/4 tbsp (4g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**olive oil**  
2 tsp (10mL)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper. Place the flour in a shallow dish; gently press each fillet into the flour to coat and shake off the excess flour.
2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Brush the melted butter onto the tilapia in the last minute before removing from the skillet. Serve immediately.

### Garlic collard greens

319 cals ● 14g protein ● 17g fat ● 9g carbs ● 18g fiber



For single meal:

**collard greens**  
1 lbs (454g)  
**oil**  
1 tbsp (15mL)  
**garlic, minced**  
3 clove(s) (9g)  
**salt**  
2 dash (2g)

For all 2 meals:

**collard greens**  
2 lbs (907g)  
**oil**  
2 tbsp (30mL)  
**garlic, minced**  
6 clove(s) (18g)  
**salt**  
4 dash (3g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.



## Lunch 3 [↗](#)

Eat on day 4

### Simple sauteed spinach

249 cals ● 9g protein ● 18g fat ● 6g carbs ● 7g fiber



**garlic, diced**  
1 1/4 clove (4g)  
**black pepper**  
1/3 tsp, ground (1g)  
**salt**  
1/3 tsp (2g)  
**olive oil**  
1 1/4 tbsp (19mL)  
**fresh spinach**  
10 cup(s) (300g)

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.

### Basic ground turkey

9 1/3 oz - 438 cals ● 52g protein ● 25g fat ● 0g carbs ● 0g fiber



Makes 9 1/3 oz

**oil**  
1 tsp (6mL)  
**ground turkey, raw**  
9 1/3 oz (265g)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

## Lunch 4 [↗](#)

Eat on day 5, day 6

### Buttered lima beans

110 cals ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber



For single meal:

**lima beans, frozen**  
1/4 package (10 oz) (71g)  
**salt**  
1 dash (1g)  
**butter**  
1 tsp (5g)  
**black pepper**  
1/2 dash, ground (0g)

For all 2 meals:

**lima beans, frozen**  
1/2 package (10 oz) (142g)  
**salt**  
2 dash (2g)  
**butter**  
2 tsp (9g)  
**black pepper**  
1 dash, ground (0g)

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

## Easy garlic chicken

8 oz - 365 cals ● 53g protein ● 12g fat ● 11g carbs ● 1g fiber



For single meal:

**boneless skinless chicken breast, raw**

1/2 lbs (227g)

**butter**

2 tsp (9g)

**bread crumbs**

2 2/3 tbsp (18g)

**garlic, minced**

2 clove(s) (6g)

For all 2 meals:

**boneless skinless chicken breast, raw**

16 oz (453g)

**butter**

4 tsp (19g)

**bread crumbs**

1/3 cup (36g)

**garlic, minced**

4 clove(s) (12g)

1. Preheat oven to 375°F (190°C).
2. In a small saucepan melt butter/margarine with garlic. Dip chicken pieces in butter/garlic sauce, letting extra drip off, then coat completely with bread crumbs.
3. Place coated chicken in a baking dish. Combine any leftover butter/garlic sauce with bread crumbs and spoon mixture over chicken pieces. Bake in the preheated oven for 20 to 30 minutes or until no longer pink inside. Time may vary depending on thickness of the chicken breast.
4. Serve.

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## Lunch 5 [↗](#)

Eat on day 7

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### Roast beef wrap

1 1/2 wrap(s) - 605 cals ● 49g protein ● 27g fat ● 38g carbs ● 4g fiber



Makes 1 1/2 wrap(s)

**sliced cheese**

1 1/2 slice (1 oz ea) (42g)

**flour tortillas**

1 1/2 tortilla (approx 7-8" dia) (74g)

**roast beef cold cuts**

6 oz (170g)

**mustard**

1/2 tbsp (8g)

**romaine lettuce**

1 1/2 leaf outer (42g)

**tomatoes, diced**

3/4 plum tomato (47g)

1. Build the wrap to your liking. Serve.

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### Avocado

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



**avocados**

1/2 avocado(s) (101g)

**lemon juice**

1/2 tsp (3mL)

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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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Fruit juice

1/2 cup(s) - 57 cal● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

#### **fruit juice**

4 fl oz (120mL)

For all 2 meals:

#### **fruit juice**

8 fl oz (240mL)

1. This recipe has no instructions.

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### Grapes

77 cal● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



For single meal:

#### **grapes**

1 1/3 cup (123g)

For all 2 meals:

#### **grapes**

2 2/3 cup (245g)

1. This recipe has no instructions.

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### Roasted peanuts

1/6 cup(s) - 153 cal● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

#### **roasted peanuts**

2 2/3 tbsp (24g)

For all 2 meals:

#### **roasted peanuts**

1/3 cup (49g)

1. This recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3, day 4

### Milk

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

**whole milk**  
2/3 cup (160mL)

For all 2 meals:

**whole milk**  
1 1/3 cup (320mL)

1. This recipe has no instructions.

### Small granola bar

2 bar(s) - 238 cals ● 5g protein ● 10g fat ● 30g carbs ● 3g fiber



For single meal:

**small granola bar**  
2 bar (50g)

For all 2 meals:

**small granola bar**  
4 bar (100g)

1. This recipe has no instructions.

## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

### Dark chocolate

1 square(s) - 60 cals ● 1g protein ● 4g fat ● 4g carbs ● 1g fiber



For single meal:

**Chocolate, dark, 70-85%**  
1 square(s) (10g)

For all 3 meals:

**Chocolate, dark, 70-85%**  
3 square(s) (30g)

1. This recipe has no instructions.

### Plain yogurt

1 cup(s) - 155 cals ● 13g protein ● 4g fat ● 17g carbs ● 0g fiber

For single meal:

**plain lowfat yogurt**

1 cup (245g)

For all 3 meals:

**plain lowfat yogurt**

3 cup (735g)



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.

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## Dinner 1 [🔗](#)

Eat on day 1

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### Baked sweet potatoes

1 sweet potato(s) - 216 cals ● 3g protein ● 4g fat ● 36g carbs ● 6g fiber



Makes 1 sweet potato(s)

#### oil

1/4 tbsp (4mL)

#### oregano, dried

1/2 dash, ground (0g)

#### sweet potatoes

1 sweetpotato, 5" long (210g)

#### salt

1/2 dash (0g)

#### black pepper

1/2 dash, ground (0g)

1. Preheat oven to 350°F (175°C).
2. Option 1: Whole Sweet Potatoes: Place whole sweet potatoes in a baking dish. Rub them with oil, oregano, and salt and pepper to fully coat. Bake for 60 minutes or until soft when pierced with a fork.
3. Option 2: Cubed Sweet Potatoes: Place cubed sweet potatoes in a baking dish. Drizzle with oil, and sprinkle with oregano, salt, and pepper. Toss to evenly coat. Bake for 30-40 minutes, stirring halfway through, or until soft and golden.

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### Chicken sausage

4 link - 508 cals ● 56g protein ● 28g fat ● 8g carbs ● 0g fiber



Makes 4 link

#### chicken sausage, cooked

4 link (336g)

1. Quickly heat on stove top, grill, or microwave and enjoy.
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## Dinner 2 [↗](#)

Eat on day 2

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### Olive oil drizzled lima beans

161 cals ● 7g protein ● 5g fat ● 15g carbs ● 6g fiber

**black pepper**

3/4 dash, ground (0g)

**salt**

1 1/2 dash (1g)

**lima beans, frozen**

3/8 package (10 oz) (107g)

**olive oil**

1 tsp (6mL)

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

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### Almond crusted tilapia

8 oz - 565 cals ● 54g protein ● 27g fat ● 21g carbs ● 5g fiber



Makes 8 oz

**tilapia, raw**

1/2 lbs (224g)

**almonds**

1/3 cup, slivered (36g)

**all-purpose flour**

1/4 cup(s) (28g)

**salt**

1 1/3 dash (1g)

**olive oil**

2 tsp (10mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
  2. Season fish with salt and dredge in flour mixture.
  3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
  4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
  5. Sprinkle almonds over fish.
  6. Serve.
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## Dinner 3 [↗](#)

Eat on day 3, day 4

### Basic chicken thighs

9 oz - 383 cal ● 48g protein ● 21g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**

1 tsp (6mL)

**boneless skinless chicken thighs**

1/2 lbs (255g)

For all 2 meals:

**oil**

3/4 tbsp (11mL)

**boneless skinless chicken thighs**

18 oz (510g)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

### Sweet potato wedges

347 cal ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



For single meal:

**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)

For all 2 meals:

**oil**

2 tbsp (30mL)

**sweet potatoes, cut into wedges**

2 2/3 sweetpotato, 5" long (560g)

**salt**

1/2 tbsp (8g)

**black pepper**

1/4 tbsp, ground (2g)

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 4 [🔗](#)

Eat on day 5, day 6

### White rice

2/3 cup rice, cooked - 147 cal ● 3g protein ● 0g fat ● 32g carbs ● 1g fiber



For single meal:

#### long-grain white rice

1/4 cup (41g)

#### water

1/2 cup(s) (105mL)

#### salt

1/4 tsp (1g)

#### black pepper

1 1/3 dash, ground (0g)

For all 2 meals:

#### long-grain white rice

1/2 cup (82g)

#### water

7/8 cup(s) (211mL)

#### salt

1/2 tsp (3g)

#### black pepper

1/3 tsp, 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.

### Teriyaki chicken

8 oz - 380 cal ● 55g protein ● 13g fat ● 11g carbs ● 0g fiber



For single meal:

#### oil

1/2 tbsp (8mL)

#### teriyaki sauce

4 tbsp (60mL)

#### boneless skinless chicken breast, raw, cubed

1/2 lbs (224g)

For all 2 meals:

#### oil

1 tbsp (15mL)

#### teriyaki sauce

1/2 cup (120mL)

#### boneless skinless chicken breast, raw, cubed

1 lbs (448g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.

### Easy chickpea salad

117 cal ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



- For single meal:

  - fresh parsley, chopped**  
3/4 sprigs (1g)
  - apple cider vinegar**  
1/4 tbsp (0mL)
  - balsamic vinegar**  
1/4 tbsp (4mL)
  - tomatoes, halved**  
4 tbsp cherry tomatoes (37g)
  - onion, thinly sliced**  
1/8 small (9g)
  - chickpeas, canned, drained and rinsed**  
1/4 can (112g)
- For all 2 meals:

  - 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)

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

Dinner 5

Eat on day 7

Garlic collard greens

212 cals 9g protein 11g fat 6g carbs 12g fiber



- collard greens**  
2/3 lbs (302g)
  - oil**  
2 tsp (10mL)
  - garlic, minced**  
2 clove(s) (6g)
  - salt**  
1 1/3 dash (1g)
1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
  2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
  3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
  4. Season with salt and serve.

Shredded bbq & ranch chicken sandwich

1 sandwich(es) - 456 cals 39g protein 16g fat 39g carbs 1g fiber



Makes 1 sandwich(es)

**barbecue sauce**

2 tbsp (34g)

**ranch dressing**

2 tsp (10mL)

**romaine lettuce**

1 leaf inner (6g)

**hamburger buns**

1 bun(s) (51g)

**olive oil**

1 tsp (5mL)

**boneless skinless chicken breast,  
raw**

6 oz (170g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
  2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken.
  3. Combine chicken and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce.
  4. Serve.
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