

# Meal Plan - 2200 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

2231 cals ● 155g protein (28%) ● 88g fat (36%) ● 170g carbs (31%) ● 34g fiber (6%)

### Breakfast

395 cals, 27g protein, 19g net carbs, 22g fat



[Basic scrambled eggs](#)  
2 egg(s)- 142 cals



[Simple sauteed spinach](#)  
100 cals



[Lowfat Greek yogurt](#)  
1 container(s)- 155 cals

### Snacks

330 cals, 16g protein, 14g net carbs, 22g fat



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



[Grapefruit](#)  
1/2 grapefruit- 59 cals



[Walnuts](#)  
1/6 cup(s)- 131 cals

### Lunch

715 cals, 87g protein, 52g net carbs, 13g fat



[Lemon pepper chicken breast](#)  
10 oz- 370 cals



[Lentils](#)  
347 cals

### Dinner

785 cals, 25g protein, 85g net carbs, 32g fat



[Milk](#)  
1 cup(s)- 149 cals



[Lentil Soup](#)  
271 cals



[Roasted rosemary sweet potatoes](#)  
368 cals

## Day 2

2200 cals ● 140g protein (25%) ● 129g fat (53%) ● 85g carbs (16%) ● 34g fiber (6%)

### Breakfast

395 cals, 27g protein, 19g net carbs, 22g fat



**Basic scrambled eggs**  
2 egg(s)- 142 cals



**Simple sauteed spinach**  
100 cals



**Lowfat Greek yogurt**  
1 container(s)- 155 cals

### Snacks

330 cals, 16g protein, 14g net carbs, 22g fat



**Boiled eggs**  
2 egg(s)- 139 cals



**Grapefruit**  
1/2 grapefruit- 59 cals



**Walnuts**  
1/6 cup(s)- 131 cals

### Lunch

690 cals, 46g protein, 28g net carbs, 38g fat



**Simple cobb salad**  
584 cals



**Carrot sticks**  
4 carrot(s)- 108 cals

### Dinner

780 cals, 50g protein, 24g net carbs, 47g fat



**Salmon & artichoke salad**  
421 cals



**Sunflower seeds**  
361 cals

## Day 3

2173 cals ● 163g protein (30%) ● 121g fat (50%) ● 83g carbs (15%) ● 25g fiber (5%)

### Breakfast

405 cals, 25g protein, 24g net carbs, 22g fat



**Cottage cheese & fruit cup**  
1 container- 107 cals



**Sweet potato breakfast skillet**  
226 cals



**Milk**  
1/2 cup(s)- 75 cals

### Snacks

330 cals, 16g protein, 14g net carbs, 22g fat



**Boiled eggs**  
2 egg(s)- 139 cals



**Grapefruit**  
1/2 grapefruit- 59 cals



**Walnuts**  
1/6 cup(s)- 131 cals

### Lunch

690 cals, 46g protein, 28g net carbs, 38g fat



**Simple cobb salad**  
584 cals



**Carrot sticks**  
4 carrot(s)- 108 cals

### Dinner

745 cals, 75g protein, 18g net carbs, 39g fat



**Chicken beet & carrot salad bowl**  
599 cals



**Mixed nuts**  
1/6 cup(s)- 145 cals

## Day 4

2236 cals ● 161g protein (29%) ● 97g fat (39%) ● 147g carbs (26%) ● 33g fiber (6%)

### Breakfast

405 cals, 25g protein, 24g net carbs, 22g fat



**Cottage cheese & fruit cup**  
1 container- 107 cals



**Sweet potato breakfast skillet**  
226 cals



**Milk**  
1/2 cup(s)- 75 cals

### Snacks

295 cals, 7g protein, 35g net carbs, 12g fat



**Baked chips**  
12 crisps- 122 cals



**Roasted peanuts**  
1/8 cup(s)- 115 cals



**Grapefruit**  
1/2 grapefruit- 59 cals

### Lunch

790 cals, 54g protein, 70g net carbs, 24g fat



**Chunky canned soup (non-creamy)**  
2 1/2 can(s)- 618 cals



**Edamame & beet salad**  
171 cals

### Dinner

745 cals, 75g protein, 18g net carbs, 39g fat



**Chicken beet & carrot salad bowl**  
599 cals



**Mixed nuts**  
1/6 cup(s)- 145 cals

## Day 5

2157 cals ● 149g protein (28%) ● 98g fat (41%) ● 142g carbs (26%) ● 29g fiber (5%)

### Breakfast

340 cals, 19g protein, 22g net carbs, 18g fat



**Watermelon**  
6 oz- 61 cals



**Sauteed Kale**  
61 cals



**Scrambled eggs with kale, tomatoes, rosemary**  
219 cals

### Snacks

295 cals, 7g protein, 35g net carbs, 12g fat



**Baked chips**  
12 crisps- 122 cals



**Roasted peanuts**  
1/8 cup(s)- 115 cals



**Grapefruit**  
1/2 grapefruit- 59 cals

### Lunch

730 cals, 67g protein, 62g net carbs, 19g fat



**Lentils**  
174 cals



**Lebanese beef pitas**  
1 pita(s)- 554 cals

### Dinner

790 cals, 56g protein, 23g net carbs, 49g fat



**Mixed vegetables**  
1 3/4 cup(s)- 170 cals



**Buffalo drumsticks**  
10 2/3 oz- 622 cals

## Day 6

2230 cals ● 175g protein (31%) ● 90g fat (36%) ● 146g carbs (26%) ● 35g fiber (6%)

### Breakfast

340 cals, 19g protein, 22g net carbs, 18g fat



**Watermelon**  
6 oz- 61 cals



**Sauteed Kale**  
61 cals



**Scrambled eggs with kale, tomatoes, rosemary**  
219 cals

### Snacks

315 cals, 28g protein, 19g net carbs, 13g fat



**Roasted peanuts**  
1/8 cup(s)- 115 cals



**Yogurt and cucumber**  
198 cals

### Lunch

730 cals, 67g protein, 62g net carbs, 19g fat



**Lentils**  
174 cals



**Lebanese beef pitas**  
1 pita(s)- 554 cals

### Dinner

850 cals, 62g protein, 43g net carbs, 40g fat



**Balsamic pot roast**  
498 cals



**Easy chickpea salad**  
350 cals

## Day 7

2241 cals ● 170g protein (30%) ● 86g fat (35%) ● 169g carbs (30%) ● 28g fiber (5%)

### Breakfast

340 cals, 19g protein, 22g net carbs, 18g fat



**Watermelon**  
6 oz- 61 cals



**Sauteed Kale**  
61 cals



**Scrambled eggs with kale, tomatoes, rosemary**  
219 cals

### Snacks

315 cals, 28g protein, 19g net carbs, 13g fat



**Roasted peanuts**  
1/8 cup(s)- 115 cals



**Yogurt and cucumber**  
198 cals

### Lunch

740 cals, 61g protein, 85g net carbs, 15g fat



**Cajun shrimp sandwich**  
2 sandwich(es)- 739 cals

### Dinner

850 cals, 62g protein, 43g net carbs, 40g fat



**Balsamic pot roast**  
498 cals



**Easy chickpea salad**  
350 cals

## Fats and Oils

- ☐ oil  
2 1/3 oz (71mL)
- ☐ olive oil  
1 3/4 oz (55mL)
- ☐ balsamic vinaigrette  
5 2/3 oz (165mL)
- ☐ mayonnaise  
1 tbsp (15mL)

## Dairy and Egg Products

- ☐ eggs  
22 1/2 medium (994g)
- ☐ lowfat flavored greek yogurt  
2 (5.3 oz) container(s) (300g)
- ☐ whole milk  
2 cup (480mL)
- ☐ blue cheese  
3/4 cup, crumbled, not packed (101g)
- ☐ butter  
1/2 tbsp (7g)
- ☐ lowfat greek yogurt  
1 1/2 cup (420g)
- ☐ nonfat greek yogurt, plain  
2 tbsp (35g)

## Vegetables and Vegetable Products

- ☐ garlic  
1 1/4 clove(s) (4g)
- ☐ fresh spinach  
8 cup(s) (242g)
- ☐ onion  
2 medium (2-1/2" dia) (211g)
- ☐ carrots  
9 1/2 medium (585g)
- ☐ raw celery  
1/4 stalk, medium (7-1/2" - 8" long) (10g)
- ☐ canned crushed tomatoes  
1/8 can (14.5 oz) (51g)
- ☐ sweet potatoes  
1 1/2 sweetpotato, 5" long (311g)
- ☐ tomatoes  
5 3/4 medium whole (2-3/5" dia) (704g)
- ☐ artichokes, canned  
2/3 cup hearts (112g)
- ☐ romaine lettuce  
9 cup shredded (423g)
- ☐ beets, precooked (canned or refrigerated)  
14 oz (402g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
2 lbs (937g)

## Beverages

- ☐ water  
6 1/2 cup (1574mL)

## Legumes and Legume Products

- ☐ lentils, raw  
1 1/4 cup (240g)
- ☐ roasted peanuts  
1/2 cup (73g)
- ☐ chickpeas, canned  
1 1/2 can (672g)

## Fruits and Fruit Juices

- ☐ Grapefruit  
2 1/2 large (approx 4-1/2" dia) (830g)
- ☐ avocados  
1/2 avocado(s) (101g)
- ☐ Watermelon  
18 oz (510g)

## Nut and Seed Products

- ☐ walnuts  
1/2 cup shelled (50 halves) (56g)
- ☐ sunflower kernels  
2 oz (57g)
- ☐ mixed nuts  
1/3 cup (45g)

## Other

- ☐ mixed greens  
5 cup (150g)
- ☐ cottage cheese & fruit cup  
2 container (266g)
- ☐ baked chips, any flavor  
24 crips (56g)
- ☐ Chicken, drumsticks, with skin  
2/3 lbs (302g)
- ☐ chuck roast, boneless, beef, raw  
1 lbs (454g)
- ☐ sub roll(s)  
2 roll(s) (170g)

- ☐ edamame, frozen, shelled  
1/2 cup (59g)
- ☐ kale leaves  
6 cup, chopped (240g)
- ☐ fresh parsley  
1 3/4 bunch (35g)
- ☐ frozen mixed veggies  
1 3/4 cup (236g)
- ☐ cucumber  
1 1/2 cucumber (8-1/4") (452g)

## Spices and Herbs

- ☐ black pepper  
2 1/2 g (3g)
- ☐ salt  
1/3 oz (9g)
- ☐ lemon pepper  
2 tsp (4g)
- ☐ oregano, dried  
1 dash, leaves (0g)
- ☐ basil  
1 dash, leaves (0g)
- ☐ rosemary  
3 g (3g)
- ☐ thyme, dried  
1/4 tbsp, leaves (1g)
- ☐ balsamic vinegar  
2 1/2 fluid ounce (67mL)
- ☐ cinnamon  
1 tsp (3g)
- ☐ paprika  
1 tsp (2g)
- ☐ ground cumin  
1 tbsp (6g)
- ☐ cajun seasoning  
2 dash (1g)

## Finfish and Shellfish Products

- ☐ canned salmon  
6 oz (170g)
- ☐ shrimp, cooked  
6 oz (170g)

## Sausages and Luncheon Meats

- ☐ ham cold cuts  
1/2 lbs (255g)

## Soups, Sauces, and Gravies

- ☐ apple cider vinegar  
2 tbsp (1mL)
- ☐ chunky canned soup (non-creamy varieties)  
2 1/2 can (~19 oz) (1315g)
- ☐ Frank's Red Hot sauce  
1 3/4 tbsp (26mL)

## Baked Products

- ☐ pita bread  
2 pita, large (6-1/2" dia) (128g)

## Beef Products

- ☐ ground beef (93% lean)  
1 lbs (454g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Basic scrambled eggs

2 egg(s) - 142 cal ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 medium (88g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**eggs**  
4 medium (176g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

### Simple sauteed spinach

100 cal ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

**garlic, diced**  
1/2 clove (2g)  
**black pepper**  
1 dash, ground (0g)  
**salt**  
1 dash (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**fresh spinach**  
4 cup(s) (120g)

For all 2 meals:

**garlic, diced**  
1 clove (3g)  
**black pepper**  
2 dash, ground (1g)  
**salt**  
2 dash (2g)  
**olive oil**  
1 tbsp (15mL)  
**fresh spinach**  
8 cup(s) (240g)

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.

### Lowfat Greek yogurt

1 container(s) - 155 cal ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber





For single meal:

**lowfat flavored greek yogurt**  
1 (5.3 oz) container(s) (150g)

For all 2 meals:

**lowfat flavored greek yogurt**  
2 (5.3 oz) container(s) (300g)

1. This recipe has no instructions.

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## Breakfast 2 [↗](#)

Eat on day 3, day 4

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### Cottage cheese & fruit cup

1 container - 107 cal● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
1 container (133g)

For all 2 meals:

**cottage cheese & fruit cup**  
2 container (266g)

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

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### Sweet potato breakfast skillet

226 cal● 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 2 meals:

**sweet potatoes**  
1/2 cup, cubes (67g)  
**eggs**  
1 large (50g)  
**olive oil**  
2 tsp (10mL)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**boneless skinless chicken breast, raw**  
1/3 cup, chopped, cooked (60g)

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.

### 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.
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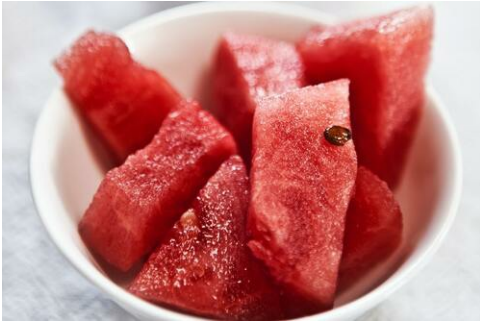
## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Watermelon

6 oz - 61 cals ● 2g protein ● 0g fat ● 13g carbs ● 1g fiber



For single meal:

#### **Watermelon**

6 oz (170g)

For all 3 meals:

#### **Watermelon**

18 oz (510g)

1. Slice watermelon and serve.

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### Sauteed Kale

61 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

#### **oil**

1 tsp (5mL)

#### **kale leaves**

1 cup, chopped (40g)

For all 3 meals:

#### **oil**

1 tbsp (15mL)

#### **kale leaves**

3 cup, chopped (120g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

### Scrambled eggs with kale, tomatoes, rosemary

219 cals ● 16g protein ● 13g fat ● 7g carbs ● 2g fiber



For single meal:

**eggs**  
2 extra large (112g)  
**kale leaves**  
1 cup, chopped (40g)  
**tomatoes**  
1/2 cup, chopped (90g)  
**rosemary**  
2 dash (0g)  
**oil**  
1/2 tsp (3mL)  
**balsamic vinegar**  
1 tsp (5mL)  
**water**  
3 tbsp (45mL)

For all 3 meals:

**eggs**  
6 extra large (336g)  
**kale leaves**  
3 cup, chopped (120g)  
**tomatoes**  
1 1/2 cup, chopped (270g)  
**rosemary**  
1/4 tbsp (1g)  
**oil**  
1/2 tbsp (8mL)  
**balsamic vinegar**  
1 tbsp (15mL)  
**water**  
1/2 cup (135mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

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## Lunch 1 [🔗](#)

Eat on day 1

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### 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.

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## Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



**salt**

1 dash (1g)

**water**

2 cup(s) (474mL)

**lentils, raw, rinsed**

1/2 cup (96g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

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## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Simple cobb salad

584 cals ● 44g protein ● 38g fat ● 12g carbs ● 5g fiber



For single meal:

**ham cold cuts, shredded**  
1/4 lbs (128g)  
**eggs, hard boiled and quartered**  
1 1/2 medium (66g)  
**romaine lettuce**  
4 1/2 cup shredded (212g)  
**blue cheese**  
6 tbsp, crumbled, not packed (51g)  
**tomatoes**  
6 tbsp cherry tomatoes (56g)  
**balsamic vinaigrette**  
3 tbsp (45mL)

For all 2 meals:

**ham cold cuts, shredded**  
1/2 lbs (255g)  
**eggs, hard boiled and quartered**  
3 medium (132g)  
**romaine lettuce**  
9 cup shredded (423g)  
**blue cheese**  
3/4 cup, crumbled, not packed (101g)  
**tomatoes**  
3/4 cup cherry tomatoes (112g)  
**balsamic vinaigrette**  
6 tbsp (90mL)

1. Mix ingredients together in a large bowl.
2. Dress when ready to serve.

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### Carrot sticks

4 carrot(s) - 108 cals ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



For single meal:

**carrots**  
4 medium (244g)

For all 2 meals:

**carrots**  
8 medium (488g)

1. Cut carrots into strips and serve.
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## Lunch 3 [↗](#)

Eat on day 4

### Chunky canned soup (non-creamy)

2 1/2 can(s) - 618 cals ● 45g protein ● 17g fat ● 58g carbs ● 13g fiber



Makes 2 1/2 can(s)

#### **chunky canned soup (non-creamy varieties)**

2 1/2 can (~19 oz) (1315g)

1. Prepare according to instructions on package.

### 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)

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

## Lunch 4 [↗](#)

Eat on day 5, day 6

### Lentils

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



For single meal:

#### **salt**

1/2 dash (0g)

#### **water**

1 cup(s) (237mL)

#### **lentils, raw, rinsed**

4 tbsp (48g)

For all 2 meals:

#### **salt**

1 dash (1g)

#### **water**

2 cup(s) (474mL)

#### **lentils, raw, rinsed**

1/2 cup (96g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

### Lebanese beef pitas

1 pita(s) - 554 cals ● 55g protein ● 18g fat ● 37g carbs ● 6g fiber



For single meal:

**cinnamon**  
4 dash (1g)  
**paprika**  
4 dash (1g)  
**ground cumin**  
1/2 tbsp (3g)  
**fresh parsley, chopped**  
4 tbsp chopped (15g)  
**onion, chopped**  
1/2 small (35g)  
**pita bread**  
1 pita, large (6-1/2" dia) (64g)  
**ground beef (93% lean)**  
1/2 lbs (227g)

For all 2 meals:

**cinnamon**  
1 tsp (3g)  
**paprika**  
1 tsp (2g)  
**ground cumin**  
1 tbsp (6g)  
**fresh parsley, chopped**  
1/2 cup chopped (30g)  
**onion, chopped**  
1 small (70g)  
**pita bread**  
2 pita, large (6-1/2" dia) (128g)  
**ground beef (93% lean)**  
1 lbs (454g)

1. Preheat oven to 360°F (180°C).
2. In a large bowl, mix together the ground beef, onion, parsley, spices, and a pinch of salt.
3. Slice each pita in half down the middle like a hamburger bun so that there is a top and bottom "bun".
4. Place pita bottoms on an oven tray and top with an even amount of the beef mixture. Press pita tops on top and slice down the middle to cut everything in half.
5. Bake for about 20 minutes. Serve.

## Lunch 5 [🔗](#)

Eat on day 7

### Cajun shrimp sandwich

2 sandwich(es) - 739 cal ● 61g protein ● 15g fat ● 85g carbs ● 5g fiber



Makes 2 sandwich(es)

**cajun seasoning**  
2 dash (1g)  
**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**mixed greens**  
1 cup (30g)  
**mayonnaise**  
1 tbsp (15mL)  
**shrimp, cooked, peeled & deveined**  
6 oz (170g)  
**sub roll(s)**  
2 roll(s) (170g)

1. In a medium bowl, mix the mayonnaise, greek yogurt, cajun seasoning, and some salt and pepper.
2. Spread about 1/3 of the sauce inside the roll. Add the shrimp to the bowl and toss to coat with remaining sauce.
3. Stuff rolls with greens and shrimp. Serve.



## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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### 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.
- 

### 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)

### Walnuts

1/6 cup(s) - 131 cal● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**

3 tbsp shelled (50 halves) (19g)

For all 3 meals:

**walnuts**

1/2 cup shelled (50 halves) (56g)

1. This recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 4, day 5

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### Baked chips

12 crisps - 122 cals ● 2g protein ● 3g fat ● 21g carbs ● 1g fiber



For single meal:

**baked chips, any flavor**

12 crisps (28g)

For all 2 meals:

**baked chips, any flavor**

24 crisps (56g)

1. Enjoy.

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### Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**

2 tbsp (18g)

For all 2 meals:

**roasted peanuts**

4 tbsp (37g)

1. This recipe has no instructions.

### Grapefruit

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



For single meal:

**Grapefruit**

1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

**Grapefruit**

1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Snacks 3 [↗](#)

Eat on day 6, day 7

**Roasted peanuts**

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**

2 tbsp (18g)

For all 2 meals:

**roasted peanuts**

4 tbsp (37g)

1. This recipe has no instructions.

**Yogurt and cucumber**

198 cals ● 23g protein ● 4g fat ● 16g carbs ● 1g fiber



For single meal:

**cucumber**

3/4 cucumber (8-1/4") (226g)

**lowfat greek yogurt**

3/4 cup (210g)

For all 2 meals:

**cucumber**

1 1/2 cucumber (8-1/4") (452g)

**lowfat greek yogurt**

1 1/2 cup (420g)

1. Slice cucumber and dip in yogurt.

## Dinner 1 [🔗](#)

Eat on day 1

### Milk

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

Makes 1 cup(s)

#### whole milk

1 cup (240mL)



1. This recipe has no instructions.

### Lentil Soup

271 cal ● 13g protein ● 8g fat ● 31g carbs ● 7g fiber



#### onion, chopped

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

#### carrots, diced

1/4 medium (15g)

#### raw celery, chopped

1/4 stalk, medium (7-1/2" - 8" long) (10g)

#### garlic, minced

1/4 clove(s) (1g)

#### oregano, dried

1 dash, leaves (0g)

#### canned crushed tomatoes

1/8 can (14.5 oz) (51g)

#### lentils, raw

4 tbsp (48g)

#### water

1 cup(s) (237mL)

#### fresh spinach, thinly sliced

1/8 cup(s) (2g)

#### salt

1 dash (1g)

#### black pepper

1/2 dash, ground (0g)

#### olive oil

1/2 tbsp (8mL)

#### basil

1 dash, leaves (0g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

### Roasted rosemary sweet potatoes

368 cal ● 4g protein ● 16g fat ● 43g carbs ● 9g fiber



**sweet potatoes, cut into 1" cubes**  
1 1/6 sweetpotato, 5" long (245g)  
**rosemary**  
1 3/4 tsp (2g)  
**olive oil**  
3 1/2 tsp (17mL)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

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## Dinner 2 [🔗](#)

Eat on day 2

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### Salmon & artichoke salad

421 cals ● 33g protein ● 19g fat ● 20g carbs ● 10g fiber



**balsamic vinaigrette**  
4 tbsp (60mL)  
**tomatoes, halved**  
2/3 cup cherry tomatoes (99g)  
**mixed greens**  
3 cup (90g)  
**artichokes, canned**  
2/3 cup hearts (112g)  
**canned salmon**  
6 oz (170g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

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### Sunflower seeds

361 cals ● 17g protein ● 28g fat ● 5g carbs ● 5g fiber



**sunflower kernels**  
2 oz (57g)

1. This recipe has no instructions.
-



## Dinner 3 [↗](#)

Eat on day 3, day 4

### Chicken beet & carrot salad bowl

599 cals ● 70g protein ● 27g fat ● 15g carbs ● 4g fiber



For single meal:

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

2/3 lbs (299g)

**apple cider vinegar**

2/3 tsp (0mL)

**thyme, dried**

1/3 tsp, leaves (0g)

**oil**

4 tsp (20mL)

**carrots, thinly sliced**

2/3 medium (41g)

**beets, precooked (canned or refrigerated), cubed**

1/3 lbs (151g)

For all 2 meals:

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

1 1/3 lbs (597g)

**apple cider vinegar**

1 1/3 tsp (0mL)

**thyme, dried**

1/4 tbsp, leaves (1g)

**oil**

2 2/3 tbsp (40mL)

**carrots, thinly sliced**

1 1/3 medium (81g)

**beets, precooked (canned or refrigerated), cubed**

2/3 lbs (302g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

### Mixed nuts

1/6 cup(s) - 145 cals ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

**mixed nuts**

2 2/3 tbsp (22g)

For all 2 meals:

**mixed nuts**

1/3 cup (45g)

1. This recipe has no instructions.

## Dinner 4 [↗](#)

Eat on day 5

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### Mixed vegetables

1 3/4 cup(s) - 170 cal ● 8g protein ● 1g fat ● 22g carbs ● 9g fiber



Makes 1 3/4 cup(s)

#### **frozen mixed veggies**

1 3/4 cup (236g)

1. Prepare according to instructions on package.

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### Buffalo drumsticks

10 2/3 oz - 622 cal ● 48g protein ● 47g fat ● 1g carbs ● 0g fiber



Makes 10 2/3 oz

#### **Frank's Red Hot sauce**

1 3/4 tbsp (27mL)

#### **oil**

1 tsp (5mL)

#### **salt**

1 1/3 dash (1g)

#### **black pepper**

1 1/3 dash, ground (0g)

#### **Chicken, drumsticks, with skin**

2/3 lbs (302g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
  2. Preheat oven to 400 F (200 C).
  3. Place wings on large baking sheet, and season with salt and pepper.
  4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
  5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
  6. Take wings out of the oven when done and toss with the hot sauce to coat.
  7. Serve.
-



## Dinner 5 [🔗](#)

Eat on day 6, day 7

### Balsamic pot roast

498 cals ● 44g protein ● 33g fat ● 6g carbs ● 1g fiber



For single meal:

**chuck roast, boneless, beef, raw**  
1/2 lbs (227g)  
**butter, divided**  
1/4 tbsp (4g)  
**water**  
1/2 cup(s) (119mL)  
**balsamic vinegar**  
1 tbsp (15mL)  
**onion, sliced**  
1/4 large (38g)

For all 2 meals:

**chuck roast, boneless, beef, raw**  
1 lbs (454g)  
**butter, divided**  
1/2 tbsp (7g)  
**water**  
1 cup(s) (237mL)  
**balsamic vinegar**  
2 tbsp (30mL)  
**onion, sliced**  
1/2 large (75g)

1. Note: Time estimates may vary depending on the size of your roast. Monitor accordingly.
2. Season chuck roast with salt/pepper to taste.
3. Heat a skillet over high heat and add half of the butter.
4. Once butter has melted, add the chuck roast and cook for about 4 minutes on each side until nicely browned, adding the remaining butter to the pan while flipping.
5. Lower the heat and deglaze the pan with the balsamic vinegar for about a minute.
6. Optional: If using a slow cooker or instant pot, transfer the meat and vinegar over.
7. Add in the water and onion; mix.
8. Cover and cook for the appropriate time or until roast is done. SKILLET (low heat): 2-3 hrs; SLOW COOKER (low): 7-9 hrs; SLOW COOKER (high): 4-5 hours; INSTANT POT: 35 min.
9. If using skillet or instant pot, remove meat, increase temperature and cook onions uncovered for about 10 minutes to thicken.
10. Serve meat with onion sauce.

### Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



For single meal:

**fresh parsley, chopped**  
2 1/4 sprigs (2g)  
**apple cider vinegar**  
3/4 tbsp (1mL)  
**balsamic vinegar**  
3/4 tbsp (11mL)  
**tomatoes, halved**  
3/4 cup cherry tomatoes (112g)  
**onion, thinly sliced**  
3/8 small (26g)  
**chickpeas, canned, drained and rinsed**  
3/4 can (336g)

For all 2 meals:

**fresh parsley, chopped**  
4 1/2 sprigs (5g)  
**apple cider vinegar**  
1 1/2 tbsp (1mL)  
**balsamic vinegar**  
1 1/2 tbsp (23mL)  
**tomatoes, halved**  
1 1/2 cup cherry tomatoes (224g)  
**onion, thinly sliced**  
3/4 small (53g)  
**chickpeas, canned, drained and rinsed**  
1 1/2 can (672g)

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