

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

2157 cals ● 176g protein (33%) ● 110g fat (46%) ● 91g carbs (17%) ● 24g fiber (4%)

Breakfast

340 cals, 30g protein, 21g net carbs, 13g fat



[Paleo beef & egg bowl](#)
236 cals



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

Snacks

330 cals, 17g protein, 21g net carbs, 17g fat



[Grapes](#)
58 cals



[Boiled eggs](#)
1 egg(s)- 69 cals



[High-protein granola bar](#)
1 bar(s)- 204 cals

Lunch

745 cals, 68g protein, 10g net carbs, 46g fat



[Pumpkin seeds](#)
366 cals



[Basic chicken & spinach salad](#)
380 cals

Dinner

740 cals, 61g protein, 39g net carbs, 34g fat



[Slow cooker Mexican beef](#)
478 cals



[Lentils](#)
231 cals



[Roasted tomatoes](#)
1/2 tomato(es)- 30 cals

Day 2

2189 cals ● 149g protein (27%) ● 104g fat (43%) ● 139g carbs (25%) ● 24g fiber (4%)

Breakfast

340 cals, 30g protein, 21g net carbs, 13g fat



[Paleo beef & egg bowl](#)
236 cals



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

Snacks

330 cals, 17g protein, 21g net carbs, 17g fat



[Grapes](#)
58 cals



[Boiled eggs](#)
1 egg(s)- 69 cals



[High-protein granola bar](#)
1 bar(s)- 204 cals

Lunch

755 cals, 46g protein, 64g net carbs, 32g fat



[Cottage cheese & honey](#)
3/4 cup(s)- 187 cals



[Spiced tofu & pesto sandwich](#)
1 1/2 sandwich(es)- 570 cals

Dinner

760 cals, 56g protein, 32g net carbs, 43g fat



[Simple garlic bread](#)
2 slice(s)- 229 cals



[Simple sardine salad](#)
531 cals

Day 3

2168 cals ● 166g protein (31%) ● 66g fat (27%) ● 200g carbs (37%) ● 28g fiber (5%)

Breakfast

380 cals, 19g protein, 24g net carbs, 22g fat



Bacon

3 slice(s)- 152 cals



Toast with butter

2 slice(s)- 227 cals

Snacks

250 cals, 21g protein, 30g net carbs, 3g fat



Protein greek yogurt

1 container- 139 cals



Pear

1 pear(s)- 113 cals

Lunch

755 cals, 46g protein, 64g net carbs, 32g fat



Cottage cheese & honey

3/4 cup(s)- 187 cals



Spiced tofu & pesto sandwich

1 1/2 sandwich(es)- 570 cals

Dinner

780 cals, 81g protein, 83g net carbs, 9g fat



Bbq chicken stuffed sweet potatoes

1 1/2 potato(es)- 779 cals

Day 4

2242 cals ● 162g protein (29%) ● 56g fat (23%) ● 248g carbs (44%) ● 25g fiber (4%)

Breakfast

380 cals, 19g protein, 24g net carbs, 22g fat



Bacon

3 slice(s)- 152 cals



Toast with butter

2 slice(s)- 227 cals

Snacks

250 cals, 21g protein, 30g net carbs, 3g fat



Protein greek yogurt

1 container- 139 cals



Pear

1 pear(s)- 113 cals

Lunch

830 cals, 42g protein, 112g net carbs, 22g fat



Bbq chipped ham sandwich

2 sandwich(es)- 696 cals



Simple mixed greens salad

136 cals

Dinner

780 cals, 81g protein, 83g net carbs, 9g fat



Bbq chicken stuffed sweet potatoes

1 1/2 potato(es)- 779 cals

Day 5

2194 cals ● 146g protein (27%) ● 72g fat (30%) ● 209g carbs (38%) ● 31g fiber (6%)

Breakfast

380 cals, 19g protein, 24g net carbs, 22g fat



Bacon

3 slice(s)- 152 cals



Toast with butter

2 slice(s)- 227 cals

Snacks

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



Cottage cheese & fruit cup

1 container- 131 cals



Avocado

176 cals

Lunch

805 cals, 57g protein, 76g net carbs, 22g fat



Shredded bbq & ranch chicken sandwich

1 sandwich(es)- 456 cals



Easy chickpea salad

350 cals

Dinner

705 cals, 55g protein, 93g net carbs, 11g fat



Fruit juice

2 cup(s)- 229 cals



Hot honey chicken sandwich

1 sandwich(es)- 474 cals

Day 6

2171 cals ● 139g protein (26%) ● 86g fat (35%) ● 173g carbs (32%) ● 38g fiber (7%)

Breakfast

425 cals, 20g protein, 12g net carbs, 30g fat



Eggs with tomato and avocado

326 cals



Milk

2/3 cup(s)- 99 cals

Snacks

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



Cottage cheese & fruit cup

1 container- 131 cals



Avocado

176 cals

Lunch

735 cals, 48g protein, 53g net carbs, 27g fat



Avocado tuna salad sandwich

1 1/2 sandwich(es)- 555 cals



Tossed salad

182 cals

Dinner

705 cals, 55g protein, 93g net carbs, 11g fat



Fruit juice

2 cup(s)- 229 cals



Hot honey chicken sandwich

1 sandwich(es)- 474 cals

Day 7

2159 cals ● 175g protein (32%) ● 106g fat (44%) ● 88g carbs (16%) ● 38g fiber (7%)

Breakfast

425 cals, 20g protein, 12g net carbs, 30g fat



Eggs with tomato and avocado
326 cals



Milk
2/3 cup(s)- 99 cals

Snacks

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



Cottage cheese & fruit cup
1 container- 131 cals



Avocado
176 cals

Lunch

735 cals, 48g protein, 53g net carbs, 27g fat



Avocado tuna salad sandwich
1 1/2 sandwich(es)- 555 cals



Tossed salad
182 cals

Dinner

690 cals, 91g protein, 8g net carbs, 32g fat



Basic chicken breast
14 oz- 555 cals



Simple mixed greens salad
136 cals

Vegetables and Vegetable Products

- ☐ onion
3/4 medium (2-1/2" dia) (80g)
- ☐ tomatoes
3 1/4 medium whole (2-3/5" dia) (402g)
- ☐ fresh spinach
2 1/2 cup(s) (75g)
- ☐ sweet potatoes
3 sweetpotato, 5" long (630g)
- ☐ sweet pickles
8 chips (60g)
- ☐ romaine lettuce
1 1/4 head (756g)
- ☐ fresh parsley
2 1/4 sprigs (2g)
- ☐ carrots
1 1/2 small (5-1/2" long) (75g)
- ☐ cucumber
3/8 cucumber (8-1/4") (113g)
- ☐ red onion
3/8 medium (2-1/2" dia) (41g)

Fruits and Fruit Juices

- ☐ lime juice
1/2 fl oz (15mL)
- ☐ apples
2 medium (3" dia) (364g)
- ☐ grapes
2 cup (184g)
- ☐ pears
2 medium (356g)
- ☐ fruit juice
32 fl oz (960mL)
- ☐ lemon juice
1/2 tbsp (8mL)
- ☐ avocados
3 1/4 avocado(s) (653g)

Spices and Herbs

- ☐ ground cumin
1/4 oz (8g)
- ☐ chili powder
2 tsp (5g)
- ☐ garlic powder
2 g (2g)
- ☐ salt
3 g (3g)
- ☐ crushed red pepper
1 1/4 tsp (2g)

Beverages

- ☐ water
1 1/3 cup(s) (315mL)

Legumes and Legume Products

- ☐ lentils, raw
1/3 cup (64g)
- ☐ firm tofu
1/2 lbs (255g)
- ☐ chickpeas, canned
3/4 can (336g)

Fats and Oils

- ☐ oil
1 1/3 oz (41mL)
- ☐ salad dressing
1/3 lbs (163mL)
- ☐ olive oil
1 tsp (5mL)
- ☐ ranch dressing
2 tsp (10mL)

Dairy and Egg Products

- ☐ eggs
8 large (400g)
- ☐ low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
- ☐ butter
2 2/3 tbsp (36g)
- ☐ whole milk
1 1/3 cup(s) (319mL)

Beef Products

- ☐ ground beef (93% lean)
1/2 lbs (227g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
4 1/4 lbs (1900g)

Snacks

- ☐ balsamic vinegar
3/4 tbsp (11mL)
- ☐ fresh basil
4 leaves (2g)
- ☐ black pepper
1/4 tbsp (1g)

Soups, Sauces, and Gravies

- ☐ beef broth
2 tbsp (31mL)
- ☐ pesto sauce
1/4 cup (72g)
- ☐ barbecue sauce
8 fl oz (279g)
- ☐ apple cider vinegar
3/4 tbsp (1mL)

Other

- ☐ chuck roast, boneless, beef, raw
1/2 lbs (227g)
- ☐ mixed greens
10 1/2 cup (315g)
- ☐ vinaigrette, store-bought, any flavor
3 tbsp (45mL)
- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ coleslaw mix
1/2 cup (45g)
- ☐ cottage cheese & fruit cup
3 container (510g)

- ☐ high-protein granola bar
2 bar (80g)

Sweets

- ☐ honey
3 oz (84g)

Baked Products

- ☐ bread
22 1/2 oz (640g)
- ☐ hamburger buns
5 bun(s) (255g)

Finfish and Shellfish Products

- ☐ sardines, canned in oil
2 can (184g)
- ☐ canned tuna
1 1/2 can (258g)

Pork Products

- ☐ bacon
9 slice(s) (90g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
1/2 lbs (227g)
-

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Paleo beef & egg bowl

236 cals ● 30g protein ● 13g fat ● 0g carbs ● 0g fiber



Translation missing:
en.for_single_meal

eggs
1 large (50g)
ground beef (93% lean)
4 oz (114g)

For all 2 meals:

eggs
2 large (100g)
ground beef (93% lean)
1/2 lbs (227g)

1. Heat a non-stick skillet over medium heat. Add the ground beef and break apart. Season with some salt and pepper. Cook, stirring occasionally, until beef is fully cooked and no longer pink. Transfer beef to a plate and set aside.
2. Crack the egg into the skillet and cook until the whites are firm.
3. Add beef to a bowl and top the egg. Season with more salt/pepper and serve.

Apple

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



Translation missing:
en.for_single_meal

apples
1 medium (3" dia) (182g)

For all 2 meals:

apples
2 medium (3" dia) (364g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Bacon

3 slice(s) - 152 cals ● 11g protein ● 12g fat ● 0g carbs ● 0g fiber



Translation missing:
en.for_single_meal

bacon
3 slice(s) (30g)

For all 3 meals:

bacon
9 slice(s) (90g)

1. Note: follow package instructions if they differ from below. The cooking time for bacon depends on the method you're using and how crispy you want it. Below is a general guide:
2. Stovetop (Skillet): Medium heat: 8-12 minutes, flipping occasionally.
3. Oven: 400°F (200°C): 15-20 minutes on a baking sheet lined with parchment paper or foil.
4. Microwave: Place bacon between paper towels on a microwave-safe plate. Microwave on high for 3-6 minutes.

Toast with butter

2 slice(s) - 227 cals ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



Translation missing:
en.for_single_meal

butter
2 tsp (9g)
bread
2 slice (64g)

For all 3 meals:

butter
2 tbsp (27g)
bread
6 slice (192g)

1. Toast the bread to desired toastiness.
 2. Spread the butter on the bread.
-

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Eggs with tomato and avocado

326 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



Translation missing:
en.for_single_meal

fresh basil, chopped

2 leaves (1g)

avocados, sliced

1/2 avocado(s) (101g)

tomatoes

2 slice(s), thick/large (1/2" thick)
(54g)

black pepper

2 dash (0g)

eggs

2 large (100g)

salt

2 dash (1g)

For all 2 meals:

fresh basil, chopped

4 leaves (2g)

avocados, sliced

1 avocado(s) (201g)

tomatoes

4 slice(s), thick/large (1/2" thick)
(108g)

black pepper

4 dash (0g)

eggs

4 large (200g)

salt

4 dash (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Milk

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



Translation missing:
en.for_single_meal

whole milk

2/3 cup(s) (160mL)

For all 2 meals:

whole milk

1 1/3 cup(s) (320mL)

1. The recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1

Pumpkin seeds

366 cal ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



roasted pumpkin seeds, unsalted
1/2 cup (59g)

1. The recipe has no instructions.

Basic chicken & spinach salad

380 cal ● 50g protein ● 17g fat ● 5g carbs ● 2g fiber



boneless skinless chicken breast, raw, chopped, cooked
1/2 lbs (213g)
salad dressing
2 tbsp (28mL)
oil
1 1/4 tsp (6mL)
fresh spinach
2 1/2 cup(s) (75g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

Lunch 2 [🔗](#)

Eat on day 2 and day 3

Cottage cheese & honey

3/4 cup(s) - 187 cal ● 21g protein ● 2g fat ● 22g carbs ● 0g fiber



Translation missing:
en.for_single_meal

honey
1 tbsp (21g)
low fat cottage cheese (1% milkfat)
3/4 cup (170g)

For all 2 meals:

honey
2 tbsp (42g)
low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)

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

Spiced tofu & pesto sandwich

1 1/2 sandwich(es) - 570 cals ● 25g protein ● 30g fat ● 42g carbs ● 8g fiber



Translation missing:
en.for_single_meal

firm tofu
1/4 lbs (128g)
crushed red pepper
3 dash (1g)
mixed greens
3/4 cup (23g)
chili powder
1/4 tbsp (2g)
ground cumin
1/2 tbsp (3g)
oil
1/2 tbsp (8mL)
pesto sauce
2 1/4 tbsp (36g)
bread
3 slice(s) (96g)

For all 2 meals:

firm tofu
1/2 lbs (255g)
crushed red pepper
1/4 tbsp (1g)
mixed greens
1 1/2 cup (45g)
chili powder
1/2 tbsp (4g)
ground cumin
1 tbsp (6g)
oil
1 tbsp (15mL)
pesto sauce
1/4 cup (72g)
bread
6 slice(s) (192g)

1. Toast bread.
2. Slice tofu into strips. Coat with oil and rub cumin and chili powder on all sides. Fry in a skillet over medium heat, a few minutes on each side until crispy.
3. On half of the bread, layer the greens and tofu. Spread the pesto on the other half, sprinkle with crushed red pepper. Form the two sides into a sandwich. Serve.

Lunch 3 [🔗](#)

Eat on day 4

Bbq chipped ham sandwich

2 sandwich(es) - 696 cals ● 40g protein ● 12g fat ● 103g carbs ● 3g fiber



Makes 2 sandwich(es)

sweet pickles
8 chips (60g)
barbecue sauce
6 tbsp (102g)
ham cold cuts, chipped
1/2 lbs (227g)
hamburger buns
2 bun(s) (102g)

1. In a small bowl mix together the ham and barbecue sauce until ham is fully coated.
2. Optional: heat ham & barbecue together in a skillet, stirring occasionally, for a few minutes until warmed through.
3. Place ham in between bun and top with pickles. Serve.

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



salad dressing
3 tbsp (45mL)
mixed greens
3 cup (90g)

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

Lunch 4 [🔗](#)

Eat on day 5

Shredded bbq & ranch chicken sandwich

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



Makes 1 sandwich(es)

boneless skinless chicken breast, raw
6 oz (170g)
olive oil
1 tsp (5mL)
romaine lettuce
1 leaf inner (6g)
ranch dressing
2 tsp (10mL)
hamburger buns
1 bun(s) (51g)
barbecue sauce
2 tbsp (34g)

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.

Easy chickpea salad

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



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

1. Add all ingredients to a bowl and toss. Serve!
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Lunch 5 [🔗](#)

Eat on day 6 and day 7

Avocado tuna salad sandwich

1 1/2 sandwich(es) - 555 cals ● 42g protein ● 21g fat ● 38g carbs ● 11g fiber



Translation missing:
en.for_single_meal

onion, minced
1/6 small (13g)
canned tuna, drained
3/4 can (129g)
bread
3 slice (96g)
avocados
3/8 avocado(s) (75g)
lime juice
1/4 tbsp (4mL)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)

For all 2 meals:

onion, minced
3/8 small (26g)
canned tuna, drained
1 1/2 can (258g)
bread
6 slice (192g)
avocados
3/4 avocado(s) (151g)
lime juice
1/2 tbsp (8mL)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber



Translation missing:
en.for_single_meal

carrots, peeled and shredded or sliced
3/4 small (5-1/2" long) (38g)
cucumber, sliced or diced
1/6 cucumber (8-1/4") (56g)
red onion, sliced
1/6 medium (2-1/2" dia) (21g)
salad dressing
1 1/2 tbsp (23mL)
tomatoes, diced
3/4 small whole (2-2/5" dia) (68g)
romaine lettuce, shredded
3/4 hearts (375g)

For all 2 meals:

carrots, peeled and shredded or sliced
1 1/2 small (5-1/2" long) (75g)
cucumber, sliced or diced
3/8 cucumber (8-1/4") (113g)
red onion, sliced
3/8 medium (2-1/2" dia) (41g)
salad dressing
3 tbsp (45mL)
tomatoes, diced
1 1/2 small whole (2-2/5" dia) (137g)
romaine lettuce, shredded
1 1/2 hearts (750g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



Translation missing:
en.for_single_meal

grapes
1 cup (92g)

For all 2 meals:

grapes
2 cup (184g)

1. The recipe has no instructions.

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



Translation missing:
en.for_single_meal

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

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.

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



Translation missing:
en.for_single_meal

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

1. The recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3 and day 4

Protein greek yogurt

1 container - 139 cal● 20g protein● 3g fat● 8g carbs● 0g fiber



Translation missing:
en.for_single_meal

protein greek yogurt, flavored
1 container (150g)

For all 2 meals:

protein greek yogurt, flavored
2 container (300g)

1. Enjoy.
-

Pear

1 pear(s) - 113 cal● 1g protein● 0g fat● 22g carbs● 6g fiber



Translation missing:
en.for_single_meal

pears
1 medium (178g)

For all 2 meals:

pears
2 medium (356g)

1. The recipe has no instructions.
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Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

Cottage cheese & fruit cup

1 container - 131 cal● 14g protein● 3g fat● 13g carbs● 0g fiber



Translation missing:
en.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.
-

Avocado

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



Translation missing:
en.for_single_meal

lemon juice

1/2 tsp (3mL)

avocados

1/2 avocado(s) (101g)

For all 3 meals:

lemon juice

1/2 tbsp (8mL)

avocados

1 1/2 avocado(s) (302g)

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

Slow cooker Mexican beef

478 cals ● 45g protein ● 31g fat ● 5g carbs ● 1g fiber



onion, sliced

1/4 medium (2-1/2" dia) (28g)

lime juice

1/2 tbsp (8mL)

ground cumin

1/4 tbsp (2g)

chili powder

4 dash (1g)

beef broth

2 tbsp (30mL)

chuck roast, boneless, beef, raw

1/2 lbs (227g)

garlic powder

4 dash (2g)

1. Mix the spices plus some salt in a small bowl and rub the spice mixture over the entire roast.
2. Place the sliced onion on the bottom of the crock pot and place the roast on top. Drizzle the lime juice over the roast and pour in the beef broth.
3. Cover and cook on low for 8-10 hours until beef is tender.
4. Shred the beef with two forks and stir to combine with onions and juices. Serve.

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



salt
2/3 dash (0g)
water
1 1/3 cup(s) (316mL)
lentils, raw, rinsed
1/3 cup (64g)

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.

Roasted tomatoes

1/2 tomato(es) - 30 cals ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



Makes 1/2 tomato(es)
tomatoes
1/2 small whole (2-2/5" dia) (46g)
oil
1/2 tsp (3mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Dinner 2 [↗](#)

Eat on day 2

Simple garlic bread

2 slice(s) - 229 cals ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



Makes 2 slice(s)
garlic powder
1 dash (1g)
butter
2 tsp (9g)
bread
2 slice (64g)

1. Spread the butter on the bread, sprinkle with some garlic powder, and toast in a toaster oven until bread is golden brown.

Simple sardine salad

531 cals ● 48g protein ● 33g fat ● 8g carbs ● 2g fiber



vinaigrette, store-bought, any flavor
3 tbsp (45mL)
sardines, canned in oil, drained
2 can (184g)
mixed greens
3 cup (90g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

Dinner 3 [🔗](#)

Eat on day 3 and day 4

Bbq chicken stuffed sweet potatoes

1 1/2 potato(es) - 779 cals ● 81g protein ● 9g fat ● 83g carbs ● 10g fiber



Translation missing:
en.for_single_meal

sweet potatoes, halved
1 1/2 sweetpotato, 5" long (315g)
boneless skinless chicken breast, raw
3/4 lbs (336g)
barbecue sauce
4 tbsp (71g)

For all 2 meals:

sweet potatoes, halved
3 sweetpotato, 5" long (630g)
boneless skinless chicken breast, raw
1 1/2 lbs (672g)
barbecue sauce
1/2 cup (143g)

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. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Fruit juice

2 cup(s) - 229 cal ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber



Translation missing:
en.for_single_meal

fruit juice

16 fl oz (480mL)

For all 2 meals:

fruit juice

32 fl oz (960mL)

1. The recipe has no instructions.

Hot honey chicken sandwich

1 sandwich(es) - 474 cal ● 51g protein ● 10g fat ● 43g carbs ● 2g fiber



Translation missing:
en.for_single_meal

oil

1/2 tsp (3mL)

coleslaw mix

4 tbsp (23g)

crushed red pepper

2 dash (0g)

honey

1 tbsp (21g)

hamburger buns

1 bun(s) (51g)

boneless skinless chicken breast, raw

1/2 lbs (227g)

For all 2 meals:

oil

1 tsp (5mL)

coleslaw mix

1/2 cup (45g)

crushed red pepper

4 dash (1g)

honey

2 tbsp (42g)

hamburger buns

2 bun(s) (102g)

boneless skinless chicken

breast, raw

1 lbs (454g)

1. Heat oil in a skillet or grill pan. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
2. In a small bowl, add the honey. Microwave for 5-10 seconds to warm the honey. Add the crushed red pepper and a pinch of salt/pepper. Feel free to adjust crushed pepper amount depending on your preferred spice level. Mix well and pour over the chicken to coat.
3. Add chicken to the bun and top with coleslaw. Serve.

Dinner 5 [↗](#)

Eat on day 7

Basic chicken breast

14 oz - 555 cals ● 88g protein ● 23g fat ● 0g carbs ● 0g fiber



Makes 14 oz

oil

2 1/2 tsp (13mL)

boneless skinless chicken breast, raw

14 oz (392g)

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.

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

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