

# Meal Plan - 2300 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

2280 cals ● 160g protein (28%) ● 107g fat (42%) ● 143g carbs (25%) ● 27g fiber (5%)

### Breakfast

440 cals, 23g protein, 27g net carbs, 24g fat



[Roasted cashews](#)  
1/4 cup(s)- 209 cals



[Blackberry & granola parfait](#)  
229 cals

### Snacks

230 cals, 20g protein, 4g net carbs, 14g fat



[Boiled eggs](#)  
3 egg(s)- 208 cals



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals

### Lunch

850 cals, 39g protein, 71g net carbs, 40g fat



[Avocado and bacon egg salad sandwich](#)  
657 cals



[Fruit juice](#)  
1 2/3 cup(s)- 191 cals

### Dinner

765 cals, 78g protein, 41g net carbs, 28g fat



[Chicken beet & carrot salad bowl](#)  
562 cals



[Lentils](#)  
174 cals



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

## Day 2

2253 cals ● 178g protein (32%) ● 96g fat (38%) ● 135g carbs (24%) ● 36g fiber (6%)

### Breakfast

440 cals, 23g protein, 27g net carbs, 24g fat



[Roasted cashews](#)  
1/4 cup(s)- 209 cals



[Blackberry & granola parfait](#)  
229 cals

### Snacks

230 cals, 20g protein, 4g net carbs, 14g fat



[Boiled eggs](#)  
3 egg(s)- 208 cals



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals

### Lunch

820 cals, 57g protein, 63g net carbs, 29g fat



[Avocado tuna salad sandwich](#)  
2 sandwich(es)- 740 cals



[Carrot sticks](#)  
3 carrot(s)- 81 cals

### Dinner

765 cals, 78g protein, 41g net carbs, 28g fat



[Chicken beet & carrot salad bowl](#)  
562 cals



[Lentils](#)  
174 cals



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

## Day 3

2291 cals ● 158g protein (28%) ● 122g fat (48%) ● 100g carbs (17%) ● 40g fiber (7%)

### Breakfast

345 cals, 22g protein, 13g net carbs, 20g fat



**Blackberries**

1/2 cup(s)- 35 cals



**Flax jacks**

3 flax jacks- 311 cals

### Snacks

320 cals, 10g protein, 10g net carbs, 22g fat



**Avocado**

176 cals



**Sugar snap peas**

2 cup- 54 cals



**Sunflower seeds**

90 cals

### Lunch

820 cals, 57g protein, 63g net carbs, 29g fat



**Avocado tuna salad sandwich**

2 sandwich(es)- 740 cals



**Carrot sticks**

3 carrot(s)- 81 cals

### Dinner

805 cals, 70g protein, 15g net carbs, 51g fat



**Roasted tomatoes**

1 tomato(es)- 60 cals



**Honey mustard chicken thighs w/ skin**

10 2/3 oz- 744 cals

## Day 4

2324 cals ● 162g protein (28%) ● 123g fat (48%) ● 115g carbs (20%) ● 27g fiber (5%)

### Breakfast

345 cals, 22g protein, 13g net carbs, 20g fat



**Blackberries**

1/2 cup(s)- 35 cals



**Flax jacks**

3 flax jacks- 311 cals

### Snacks

320 cals, 10g protein, 10g net carbs, 22g fat



**Avocado**

176 cals



**Sugar snap peas**

2 cup- 54 cals



**Sunflower seeds**

90 cals

### Lunch

855 cals, 61g protein, 78g net carbs, 30g fat



**Cottage cheese & fruit cup**

1 container- 131 cals



**Simple chicken salad sandwich**

1 sandwich(es)- 724 cals

### Dinner

805 cals, 70g protein, 15g net carbs, 51g fat



**Roasted tomatoes**

1 tomato(es)- 60 cals



**Honey mustard chicken thighs w/ skin**

10 2/3 oz- 744 cals

## Day 5

2357 cals ● 182g protein (31%) ● 91g fat (35%) ● 174g carbs (29%) ● 29g fiber (5%)

### Breakfast

380 cals, 35g protein, 16g net carbs, 17g fat



**Paleo beef & egg bowl**  
236 cals



**Carrot sticks**  
2 1/2 carrot(s)- 68 cals



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

### Snacks

325 cals, 17g protein, 37g net carbs, 9g fat



**Carrots and hummus**  
82 cals



**Apple cinnamon breakfast smoothie**  
1/2 smoothie(s)- 244 cals

### Lunch

855 cals, 61g protein, 78g net carbs, 30g fat



**Cottage cheese & fruit cup**  
1 container- 131 cals



**Simple chicken salad sandwich**  
1 sandwich(es)- 724 cals

### Dinner

800 cals, 69g protein, 43g net carbs, 35g fat



**Cottage cheese & honey**  
1 cup(s)- 249 cals



**Avocado, apple, chicken salad**  
550 cals

## Day 6

2230 cals ● 166g protein (30%) ● 94g fat (38%) ● 152g carbs (27%) ● 29g fiber (5%)

### Breakfast

380 cals, 35g protein, 16g net carbs, 17g fat



**Paleo beef & egg bowl**  
236 cals



**Carrot sticks**  
2 1/2 carrot(s)- 68 cals



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

### Snacks

325 cals, 17g protein, 37g net carbs, 9g fat



**Carrots and hummus**  
82 cals



**Apple cinnamon breakfast smoothie**  
1/2 smoothie(s)- 244 cals

### Lunch

845 cals, 67g protein, 59g net carbs, 33g fat



**Blue cheese stuffed chicken thighs**  
1 thigh- 452 cals



**Lentils**  
347 cals



**Beets**  
2 beets- 48 cals

### Dinner

680 cals, 48g protein, 39g net carbs, 35g fat



**Sauteed peppers and onions**  
63 cals



**Honey dijon salmon**  
7 1/2 oz- 502 cals



**Brown rice**  
1/2 cup brown rice, cooked- 115 cals

## Day 7

2230 cals ● 166g protein (30%) ● 94g fat (38%) ● 152g carbs (27%) ● 29g fiber (5%)

### Breakfast

380 cals, 35g protein, 16g net carbs, 17g fat



**Paleo beef & egg bowl**  
236 cals



**Carrot sticks**  
2 1/2 carrot(s)- 68 cals



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

### Snacks

325 cals, 17g protein, 37g net carbs, 9g fat



**Carrots and hummus**  
82 cals



**Apple cinnamon breakfast smoothie**  
1/2 smoothie(s)- 244 cals

### Lunch

845 cals, 67g protein, 59g net carbs, 33g fat



**Blue cheese stuffed chicken thighs**  
1 thigh- 452 cals



**Lentils**  
347 cals



**Beets**  
2 beets- 48 cals

### Dinner

680 cals, 48g protein, 39g net carbs, 35g fat



**Sauteed peppers and onions**  
63 cals



**Honey dijon salmon**  
7 1/2 oz- 502 cals



**Brown rice**  
1/2 cup brown rice, cooked- 115 cals

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## Nut and Seed Products

- ☐ roasted cashews  
1/2 cup, halves and whole (69g)
- ☐ flax seeds  
2 tbsp (20g)
- ☐ sunflower kernels  
1 oz (28g)
- ☐ almonds  
7 1/2 almond (9g)

## Fruits and Fruit Juices

- ☐ blackberries  
1 1/2 cup (216g)
- ☐ avocados  
3 avocado(s) (603g)
- ☐ fruit juice  
13 1/3 fl oz (400mL)
- ☐ lime juice  
1 tbsp (15mL)
- ☐ lemon juice  
1 tsp (5mL)
- ☐ dried cranberries  
2/3 cup (107g)
- ☐ apples  
2 medium (3" dia) (364g)
- ☐ banana  
1 1/2 medium (7" to 7-7/8" long) (177g)

## Dairy and Egg Products

- ☐ lowfat greek yogurt  
2 cup (595g)
- ☐ eggs  
16 large (800g)
- ☐ lowfat flavored greek yogurt  
1 (5.3 oz ea) container(s) (150g)
- ☐ whole milk  
2 1/4 cup (540mL)
- ☐ low fat cottage cheese (1% milkfat)  
1 cup (226g)
- ☐ blue cheese  
1 oz (28g)

## Breakfast Cereals

- ☐ granola  
1/2 cup (45g)

## Spices and Herbs

## Pork Products

- ☐ bacon  
2 slice(s) (20g)

## Baked Products

- ☐ bread  
14 slice (448g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
2 1/2 lbs (1070g)
- ☐ chicken thighs, with bone and skin, raw  
2 lbs (945g)

## Soups, Sauces, and Gravies

- ☐ apple cider vinegar  
1 1/4 tsp (0mL)

## Fats and Oils

- ☐ oil  
2 1/4 oz (69mL)
- ☐ mayonnaise  
4 tbsp (60mL)
- ☐ olive oil  
1 oz (31mL)

## Vegetables and Vegetable Products

- ☐ carrots  
14 3/4 medium (900g)
- ☐ beets, precooked (canned or refrigerated)  
1 lbs (484g)
- ☐ tomatoes  
4 medium whole (2-3/5" dia) (477g)
- ☐ onion  
5/6 medium (2-1/2" dia) (90g)
- ☐ Sugar snap peas  
4 cup, whole (252g)
- ☐ baby carrots  
24 medium (240g)
- ☐ raw celery  
2 tbsp chopped (13g)
- ☐ bell pepper  
1 large (164g)
- ☐ garlic  
1 1/4 clove (4g)

- ☐ salt  
1/3 oz (9g)
- ☐ garlic powder  
1 1/4 tsp (4g)
- ☐ thyme, dried  
3 g (3g)
- ☐ black pepper  
1 g (1g)
- ☐ brown deli mustard  
2 tbsp (30g)
- ☐ cinnamon  
3 dash (1g)
- ☐ paprika  
2 dash (1g)
- ☐ dijon mustard  
2 1/2 tbsp (38g)

## Beverages

- ☐ water  
6 2/3 cup(s) (1581mL)

## Legumes and Legume Products

- ☐ lentils, raw  
1 1/2 cup (288g)
- ☐ hummus  
6 tbsp (90g)

## Finfish and Shellfish Products

- ☐ canned tuna  
2 can (344g)
- ☐ salmon  
2 1/2 fillet/s (6 oz each) (425g)

## Sweets

- ☐ honey  
3 oz (82g)

## Other

- ☐ cottage cheese & fruit cup  
2 container (340g)

## Beef Products

- ☐ ground beef (93% lean)  
3/4 lbs (341g)

## Cereal Grains and Pasta

- ☐ brown rice  
1/3 cup (63g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Roasted cashews

1/4 cup(s) - 209 cal ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

#### **roasted cashews**

4 tbsp, halves and whole (34g)

For all 2 meals:

#### **roasted cashews**

1/2 cup, halves and whole (69g)

1. This recipe has no instructions.

### Blackberry & granola parfait

229 cal ● 18g protein ● 8g fat ● 17g carbs ● 4g fiber



For single meal:

#### **blackberries, roughly chopped**

4 tbsp (36g)

#### **lowfat greek yogurt**

1/2 cup (140g)

#### **granola**

4 tbsp (23g)

For all 2 meals:

#### **blackberries, roughly chopped**

1/2 cup (72g)

#### **lowfat greek yogurt**

1 cup (280g)

#### **granola**

1/2 cup (45g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

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### Blackberries

1/2 cup(s) - 35 cal ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

**blackberries**

1/2 cup (72g)

For all 2 meals:

**blackberries**

1 cup (144g)

1. Rinse blackberries and serve.

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### Flax jacks

3 flax jacks - 311 cal ● 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.
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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

### Paleo beef & egg bowl

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



For single meal:

**ground beef (93% lean)**

4 oz (114g)

**eggs**

1 large (50g)

For all 3 meals:

**ground beef (93% lean)**

3/4 lbs (341g)

**eggs**

3 large (150g)

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.

### Carrot sticks

2 1/2 carrot(s) - 68 cals ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:

**carrots**

2 1/2 medium (153g)

For all 3 meals:

**carrots**

7 1/2 medium (458g)

1. Cut carrots into strips and serve.

### 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 3 meals:

**whole milk**

1 1/2 cup (360mL)

1. This recipe has no instructions.

## Lunch 1 [🔗](#)

Eat on day 1

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### Avocado and bacon egg salad sandwich

657 cals ● 36g protein ● 39g fat ● 29g carbs ● 11g fiber



#### **eggs, hard-boiled and chilled**

3 large (150g)

#### **salt**

2 dash (2g)

#### **garlic powder**

1 tsp (3g)

#### **bacon**

2 slice(s) (20g)

#### **avocados**

1/2 avocado(s) (101g)

#### **bread**

2 slice (64g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Cook bacon according to package. Set aside.
3. Combine the eggs, avocado, salt, and garlic in a bowl. Mash with a fork until fully combined.
4. Crumble bacon and add in. Mix.
5. Put egg salad in between bread to form sandwich.
6. Serve.
7. (Note: You can store any leftover egg salad in the fridge for a day or two)

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### Fruit juice

1 2/3 cup(s) - 191 cals ● 3g protein ● 1g fat ● 42g carbs ● 1g fiber



Makes 1 2/3 cup(s)

#### **fruit juice**

13 1/3 fl oz (400mL)

1. This recipe has no instructions.
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## Lunch 2 [↗](#)

Eat on day 2, day 3

### Avocado tuna salad sandwich

2 sandwich(es) - 740 cals ● 55g protein ● 29g fat ● 51g carbs ● 15g fiber



For single meal:

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**lime juice**

1 tsp (5mL)

**avocados**

1/2 avocado(s) (101g)

**canned tuna, drained**

1 can (172g)

**bread**

4 slice (128g)

**onion, minced**

1/4 small (18g)

For all 2 meals:

**black pepper**

2 dash (0g)

**salt**

2 dash (1g)

**lime juice**

2 tsp (10mL)

**avocados**

1 avocado(s) (201g)

**canned tuna, drained**

2 can (344g)

**bread**

8 slice (256g)

**onion, minced**

1/2 small (35g)

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.

### Carrot sticks

3 carrot(s) - 81 cals ● 2g protein ● 0g fat ● 12g carbs ● 5g fiber



For single meal:

**carrots**

3 medium (183g)

For all 2 meals:

**carrots**

6 medium (366g)

1. Cut carrots into strips and serve.

## Lunch 3 [↗](#)

Eat on day 4, day 5

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### 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.

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### Simple chicken salad sandwich

1 sandwich(es) - 724 cal ● 47g protein ● 28g fat ● 65g carbs ● 7g fiber



For single meal:

**mayonnaise**  
2 tbsp (30mL)  
**dried cranberries**  
1/3 cup (53g)  
**bread**  
2 slice (64g)  
**boneless skinless chicken breast, raw**  
6 oz (170g)

For all 2 meals:

**mayonnaise**  
4 tbsp (60mL)  
**dried cranberries**  
2/3 cup (107g)  
**bread**  
4 slice (128g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (340g)

1. Place raw chicken 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. In a bowl combine completely cooked chicken, mayo and cranberries.
  4. Keep in refrigerator until ready to serve.
  5. Serve in between two slices of bread.
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## Lunch 4 [↗](#)

Eat on day 6, day 7

### Blue cheese stuffed chicken thighs

1 thigh - 452 cals ● 41g protein ● 32g fat ● 1g carbs ● 0g fiber



For single meal:

**paprika**  
1 dash (0g)  
**olive oil**  
3/8 tsp (2mL)  
**thyme, dried**  
1 1/2 dash, ground (0g)  
**blue cheese**  
1/2 oz (14g)  
**chicken thighs, with bone and skin, raw**  
1 thigh (6 oz ea) (170g)

For all 2 meals:

**paprika**  
2 dash (1g)  
**olive oil**  
1/4 tbsp (4mL)  
**thyme, dried**  
3 dash, ground (1g)  
**blue cheese**  
1 oz (28g)  
**chicken thighs, with bone and skin, raw**  
2 thigh (6 oz ea) (340g)

1. Combine blue cheese and thyme in a small bowl.
2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.
3. Sprinkle paprika on all sides of the chicken.
4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C). Serve.

### Lentils

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



For single meal:

**salt**  
1 dash (1g)  
**water**  
2 cup(s) (474mL)  
**lentils, raw, rinsed**  
1/2 cup (96g)

For all 2 meals:

**salt**  
2 dash (2g)  
**water**  
4 cup(s) (948mL)  
**lentils, raw, rinsed**  
1 cup (192g)

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.

### Beets

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



For single meal:

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

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

For all 2 meals:

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

4 beets (2" dia, sphere) (200g)

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

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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**

3 large (150g)

For all 2 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.

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### 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 2 meals:

**tomatoes**

12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.
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## Snacks 2 [↗](#)

Eat on day 3, day 4

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### Avocado

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



For single meal:

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

For all 2 meals:

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

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

2 cup - 54 cals ● 4g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

**Sugar snap peas**  
2 cup, whole (126g)

For all 2 meals:

**Sugar snap peas**  
4 cup, whole (252g)

1. Season with salt if desired and serve raw.
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### Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

**sunflower kernels**  
1/2 oz (14g)

For all 2 meals:

**sunflower kernels**  
1 oz (28g)

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

Eat on day 5, day 6, day 7

### Carrots and hummus

82 cals ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

**hummus**  
2 tbsp (30g)  
**baby carrots**  
8 medium (80g)

For all 3 meals:

**hummus**  
6 tbsp (90g)  
**baby carrots**  
24 medium (240g)

1. Serve carrots with hummus.

### Apple cinnamon breakfast smoothie

1/2 smoothie(s) - 244 cals ● 14g protein ● 6g fat ● 30g carbs ● 4g fiber



For single meal:

**apples**  
1/2 medium (3" dia) (91g)  
**banana**  
1/2 medium (7" to 7-7/8" long) (59g)  
**cinnamon**  
1 dash (0g)  
**whole milk**  
4 tbsp (60mL)  
**almonds**  
2 1/2 almond (3g)  
**lowfat greek yogurt**  
6 tbsp (105g)

For all 3 meals:

**apples**  
1 1/2 medium (3" dia) (273g)  
**banana**  
1 1/2 medium (7" to 7-7/8" long) (177g)  
**cinnamon**  
3 dash (1g)  
**whole milk**  
3/4 cup (180mL)  
**almonds**  
7 1/2 almond (9g)  
**lowfat greek yogurt**  
1 cup (315g)

1. Add ingredients to blender (depending on the blender you may have to chop apples/almonds into smaller pieces before blending).
2. Blend on medium-high for 30 seconds or until desired consistency.

## Dinner 1 [↗](#)

Eat on day 1, day 2

### Chicken beet & carrot salad bowl

562 cals ● 66g protein ● 25g fat ● 14g carbs ● 4g fiber



For single meal:

**boneless skinless chicken breast, raw, cubed**  
10 oz (280g)  
**apple cider vinegar**  
5/8 tsp (0mL)  
**thyme, dried**  
1/3 tsp, leaves (0g)  
**oil**  
1 1/4 tbsp (19mL)  
**carrots, thinly sliced**  
5/8 medium (38g)  
**beets, precooked (canned or refrigerated), cubed**  
5 oz (142g)

For all 2 meals:

**boneless skinless chicken breast, raw, cubed**  
1 1/4 lbs (560g)  
**apple cider vinegar**  
1 1/4 tsp (0mL)  
**thyme, dried**  
5 dash, leaves (1g)  
**oil**  
2 1/2 tbsp (38mL)  
**carrots, thinly sliced**  
1 1/4 medium (76g)  
**beets, precooked (canned or refrigerated), cubed**  
10 oz (284g)

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.

### 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.

### Roasted tomatoes

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



For single meal:

**tomatoes**

1/2 small whole (2-2/5" dia) (46g)

**oil**

1/2 tsp (3mL)

For all 2 meals:

**tomatoes**

1 small whole (2-2/5" dia) (91g)

**oil**

1 tsp (5mL)

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.

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## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

**tomatoes**

1 small whole (2-2/5" dia) (91g)

**oil**

1 tsp (5mL)

For all 2 meals:

**tomatoes**

2 small whole (2-2/5" dia) (182g)

**oil**

2 tsp (10mL)

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.

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### Honey mustard chicken thighs w/ skin

10 2/3 oz - 744 cals ● 69g protein ● 46g fat ● 12g carbs ● 1g fiber



For single meal:

**brown deli mustard**  
1 tbsp (15g)  
**honey**  
2 tsp (14g)  
**thyme, dried**  
1/4 tbsp, ground (1g)  
**salt**  
1 1/3 dash (1g)  
**chicken thighs, with bone and skin, raw**  
2/3 lbs (302g)

For all 2 meals:

**brown deli mustard**  
2 tbsp (30g)  
**honey**  
4 tsp (28g)  
**thyme, dried**  
1/2 tbsp, ground (2g)  
**salt**  
1/3 tsp (2g)  
**chicken thighs, with bone and skin, raw**  
1 1/3 lbs (605g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

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## Dinner 3 [🔗](#)

Eat on day 5

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### Cottage cheese & honey

1 cup(s) - 249 cals ● 28g protein ● 2g fat ● 29g carbs ● 0g fiber



Makes 1 cup(s)

**honey**  
4 tsp (28g)  
**low fat cottage cheese (1% milkfat)**  
1 cup (226g)

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

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### Avocado, apple, chicken salad

550 cals ● 41g protein ● 33g fat ● 13g carbs ● 9g fiber

**avocados, chopped**

1/2 avocado(s) (101g)

**apples, finely chopped**

1/2 medium (3" dia) (91g)

**raw celery**

2 tbsp chopped (13g)

**olive oil**

1 tbsp (15mL)

**garlic powder**

2 dash (1g)

**salt**

1 dash (1g)

**black pepper**

1 dash, ground (0g)

**lime juice**

1 tsp (5mL)

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

6 oz (170g)

1. Cube the chicken and season with salt and pepper.
2. Heat a skillet with some cooking oil over medium heat and add the chicken cubes. Cook until the chicken is cooked through, about 6-8 minutes.
3. While chicken is cooking, prepare the dressing by mixing the olive oil, lime juice, and garlic powder in a small bowl. Whisk to combine. Add salt and pepper to taste.
4. Combine all ingredients in a large bowl and toss to coat.
5. Serve.

## Dinner 4 [🔗](#)

Eat on day 6, day 7

### Sauteed peppers and onions

63 cals ● 1g protein ● 4g fat ● 5g carbs ● 2g fiber



For single meal:

**oil**

1/4 tbsp (4mL)

**onion, sliced**

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

**bell pepper, sliced into strips**

1/2 large (82g)

For all 2 meals:

**oil**

1/2 tbsp (8mL)

**onion, sliced**

1/2 medium (2-1/2" dia) (55g)

**bell pepper, sliced into strips**

1 large (164g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

### Honey dijon salmon

7 1/2 oz - 502 cals ● 44g protein ● 31g fat ● 12g carbs ● 1g fiber



For single meal:

**salmon**  
1 1/4 fillet/s (6 oz each) (213g)  
**dijon mustard**  
1 1/4 tbsp (19g)  
**honey**  
2 tsp (13g)  
**garlic, minced**  
5/8 clove (2g)  
**olive oil**  
1 1/4 tsp (6mL)

For all 2 meals:

**salmon**  
2 1/2 fillet/s (6 oz each) (425g)  
**dijon mustard**  
2 1/2 tbsp (38g)  
**honey**  
1 1/4 tbsp (26g)  
**garlic, minced**  
1 1/4 clove (4g)  
**olive oil**  
2 1/2 tsp (13mL)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

## Brown rice

1/2 cup brown rice, cooked - 115 cal ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



For single meal:

**brown rice**  
2 2/3 tbsp (32g)  
**salt**  
1 dash (1g)  
**water**  
1/3 cup(s) (79mL)  
**black pepper**  
1 dash, ground (0g)

For all 2 meals:

**brown rice**  
1/3 cup (63g)  
**salt**  
2 dash (1g)  
**water**  
2/3 cup(s) (158mL)  
**black pepper**  
2 dash, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
  2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
  3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
  4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
  5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.
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