

# Meal Plan - 2600 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

2654 cals ● 222g protein (33%) ● 138g fat (47%) ● 96g carbs (14%) ● 36g fiber (5%)

### Breakfast

440 cals, 27g protein, 7g net carbs, 33g fat



[Kale & eggs](#)  
378 cals



[Sauteed Kale](#)  
61 cals

### Snacks

395 cals, 45g protein, 13g net carbs, 18g fat



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



[Protein shake \(milk\)](#)  
258 cals

### Lunch

915 cals, 81g protein, 60g net carbs, 33g fat



[Avocado tuna salad](#)  
545 cals



[Cottage cheese & honey](#)  
1 cup(s)- 249 cals



[Grapefruit](#)  
1 grapefruit- 119 cals

### Dinner

905 cals, 69g protein, 16g net carbs, 54g fat



[Roasted almonds](#)  
1/4 cup(s)- 222 cals



[Avocado tuna salad stuffed pepper](#)  
3 half pepper(s)- 683 cals

## Day 2

2626 cals ● 189g protein (29%) ● 116g fat (40%) ● 159g carbs (24%) ● 48g fiber (7%)

### Breakfast

440 cals, 27g protein, 7g net carbs, 33g fat



[Kale & eggs](#)  
378 cals



[Sauteed Kale](#)  
61 cals

### Snacks

395 cals, 45g protein, 13g net carbs, 18g fat



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



[Protein shake \(milk\)](#)  
258 cals

### Lunch

955 cals, 64g protein, 56g net carbs, 39g fat



[Tomato and avocado salad](#)  
293 cals



[Chickpea & kale bone broth soup](#)  
661 cals

### Dinner

835 cals, 52g protein, 83g net carbs, 26g fat



[Garlic collard greens](#)  
199 cals



[Flavored rice mix](#)  
382 cals



[Basic chicken thighs](#)  
6 oz- 255 cals

## Day 3

2561 cals ● 172g protein (27%) ● 130g fat (46%) ● 141g carbs (22%) ● 36g fiber (6%)

### Breakfast

480 cals, 31g protein, 31g net carbs, 23g fat



[Grapefruit](#)

1 grapefruit- 119 cals



[Celery sticks](#)

2 celery stalk- 13 cals



[Scrambled eggs with veggies and ham](#)

348 cals

### Snacks

305 cals, 19g protein, 28g net carbs, 11g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Cottage cheese & honey](#)

1/2 cup(s)- 125 cals



[Kale chips](#)

138 cals

### Lunch

920 cals, 35g protein, 39g net carbs, 64g fat



[Avocado](#)

176 cals



[Grilled cheese sandwich](#)

1 1/2 sandwich(es)- 743 cals

### Dinner

860 cals, 87g protein, 43g net carbs, 32g fat



[Basic chicken breast](#)

10 2/3 oz- 423 cals



[Tomato and avocado salad](#)

176 cals



[Lentils](#)

260 cals

## Day 4

2561 cals ● 172g protein (27%) ● 130g fat (46%) ● 141g carbs (22%) ● 36g fiber (6%)

### Breakfast

480 cals, 31g protein, 31g net carbs, 23g fat



[Grapefruit](#)

1 grapefruit- 119 cals



[Celery sticks](#)

2 celery stalk- 13 cals



[Scrambled eggs with veggies and ham](#)

348 cals

### Snacks

305 cals, 19g protein, 28g net carbs, 11g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Cottage cheese & honey](#)

1/2 cup(s)- 125 cals



[Kale chips](#)

138 cals

### Lunch

920 cals, 35g protein, 39g net carbs, 64g fat



[Avocado](#)

176 cals



[Grilled cheese sandwich](#)

1 1/2 sandwich(es)- 743 cals

### Dinner

860 cals, 87g protein, 43g net carbs, 32g fat



[Basic chicken breast](#)

10 2/3 oz- 423 cals



[Tomato and avocado salad](#)

176 cals



[Lentils](#)

260 cals

## Day 5

2607 cals ● 176g protein (27%) ● 118g fat (41%) ● 179g carbs (28%) ● 32g fiber (5%)

### Breakfast

480 cals, 31g protein, 31g net carbs, 23g fat



Grapefruit

1 grapefruit- 119 cals



Celery sticks

2 celery stalk- 13 cals



Scrambled eggs with veggies and ham

348 cals

### Snacks

370 cals, 20g protein, 14g net carbs, 25g fat



Milk

1 cup(s)- 149 cals



Cheesy ham roll ups

1 roll up(s)- 108 cals



Roasted almonds

1/8 cup(s)- 111 cals

### Lunch

900 cals, 46g protein, 68g net carbs, 44g fat



Simple kale & avocado salad

230 cals



Chicken club bagel sandwich

1 sandwich(es)- 672 cals

### Dinner

860 cals, 78g protein, 66g net carbs, 25g fat



Lentils

289 cals



Simple mixed greens and tomato salad

189 cals



Teriyaki chicken

8 oz- 380 cals

## Day 6

2558 cals ● 195g protein (30%) ● 105g fat (37%) ● 178g carbs (28%) ● 30g fiber (5%)

### Breakfast

510 cals, 40g protein, 26g net carbs, 25g fat



Pear

1 pear(s)- 113 cals



High protein scrambled eggs

396 cals

### Snacks

370 cals, 20g protein, 14g net carbs, 25g fat



Milk

1 cup(s)- 149 cals



Cheesy ham roll ups

1 roll up(s)- 108 cals



Roasted almonds

1/8 cup(s)- 111 cals

### Lunch

825 cals, 56g protein, 72g net carbs, 30g fat



Cali roast beef wrap

2 wrap(s)- 823 cals

### Dinner

860 cals, 78g protein, 66g net carbs, 25g fat



Lentils

289 cals



Simple mixed greens and tomato salad

189 cals



Teriyaki chicken

8 oz- 380 cals

## Day 7

2574 cals ● 205g protein (32%) ● 107g fat (37%) ● 171g carbs (27%) ● 27g fiber (4%)

### Breakfast

510 cals, 40g protein, 26g net carbs, 25g fat



Pear

1 pear(s)- 113 cals



High protein scrambled eggs

396 cals

### Snacks

370 cals, 20g protein, 14g net carbs, 25g fat



Milk

1 cup(s)- 149 cals



Cheesy ham roll ups

1 roll up(s)- 108 cals



Roasted almonds

1/8 cup(s)- 111 cals

### Lunch

825 cals, 56g protein, 72g net carbs, 30g fat



Cali roast beef wrap

2 wrap(s)- 823 cals

### Dinner

875 cals, 88g protein, 59g net carbs, 28g fat



Naan bread

1/2 piece(s)- 131 cals



Flavored rice mix

143 cals



Baked chicken with tomatoes & olives

12 oz- 599 cals

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## Spices and Herbs

- ☐ salt  
3/4 oz (21g)
- ☐ black pepper  
2 1/4 g (2g)
- ☐ garlic powder  
1/4 tbsp (2g)
- ☐ chili powder  
2 tsp (5g)
- ☐ fresh basil  
12 leaves (6g)

## Dairy and Egg Products

- ☐ eggs  
29 large (1450g)
- ☐ low fat cottage cheese (1% milkfat)  
3 cup (678g)
- ☐ whole milk  
1/3 gallon (1334mL)
- ☐ butter  
1/2 stick (63g)
- ☐ sliced cheese  
1/2 lbs (210g)
- ☐ cheese  
1/2 cup, shredded (63g)

## Vegetables and Vegetable Products

- ☐ kale leaves  
1 1/4 lbs (552g)
- ☐ onion  
1 1/2 medium (2-1/2" dia) (179g)
- ☐ tomatoes  
8 1/2 medium whole (2-3/5" dia) (1054g)
- ☐ bell pepper  
1 1/2 large (246g)
- ☐ collard greens  
10 oz (284g)
- ☐ garlic  
4 clove(s) (12g)
- ☐ raw celery  
6 stalk, medium (7-1/2" - 8" long) (240g)
- ☐ green pepper  
1/2 cup, chopped (84g)
- ☐ romaine lettuce  
1 leaf inner (6g)

## Fats and Oils

## Other

- ☐ mixed greens  
8 3/4 cup (263g)
- ☐ chicken bone broth  
4 cup(s) (mL)
- ☐ teriyaki sauce  
1/2 cup (120mL)
- ☐ coleslaw mix  
1 1/3 cup (120g)
- ☐ guacamole, store-bought  
1/2 cup (124g)

## Finfish and Shellfish Products

- ☐ canned tuna  
2 3/4 can (473g)

## Sweets

- ☐ honey  
2 2/3 tbsp (56g)

## Nut and Seed Products

- ☐ almonds  
10 tbsp, whole (89g)

## Beverages

- ☐ protein powder  
2 scoop (1/3 cup ea) (62g)
- ☐ water  
6 1/3 cup(s) (1500mL)

## Meals, Entrees, and Side Dishes

- ☐ flavored rice mix  
1 pouch (~5.6 oz) (145g)

## Poultry Products

- ☐ boneless skinless chicken thighs  
6 oz (170g)
- ☐ boneless skinless chicken breast, raw  
3 lbs (1385g)

## Legumes and Legume Products

- ☐ chickpeas, canned  
1 can (448g)
- ☐ lentils, raw  
1 1/2 cup (304g)

- ☐ oil  
3 oz (91mL)
- ☐ olive oil  
1 1/4 oz (40mL)
- ☐ mayonnaise  
1 tbsp (15mL)
- ☐ salad dressing  
1/2 cup (113mL)

## Fruits and Fruit Juices

- ☐ avocados  
4 1/4 avocado(s) (854g)
- ☐ lime juice  
1 3/4 fl oz (55mL)
- ☐ Grapefruit  
4 large (approx 4-1/2" dia) (1328g)
- ☐ lemon juice  
1 tsp (5mL)
- ☐ lemon  
1/2 small (29g)
- ☐ pears  
2 medium (356g)
- ☐ green olives  
12 large (53g)

## Baked Products

- ☐ bread  
6 slice (192g)
- ☐ bagel  
1 medium bagel (3-1/2" to 4" dia) (105g)
- ☐ flour tortillas  
4 tortilla (approx 10" dia) (288g)
- ☐ naan bread  
1/2 piece (45g)

## Sausages and Luncheon Meats

- ☐ ham cold cuts  
7 oz (197g)
- ☐ chicken cold cuts  
4 oz (113g)
- ☐ roast beef cold cuts  
1 lbs (454g)

## Soups, Sauces, and Gravies

- ☐ hot sauce  
4 tsp (20mL)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Kale & eggs

378 cals ● 26g protein ● 28g fat ● 4g carbs ● 1g fiber



For single meal:

**salt**

2 dash (1g)

**eggs**

4 large (200g)

**kale leaves**

1 cup, chopped (40g)

**oil**

2 tsp (10mL)

For all 2 meals:

**salt**

4 dash (2g)

**eggs**

8 large (400g)

**kale leaves**

2 cup, chopped (80g)

**oil**

4 tsp (20mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

### 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 2 meals:

**oil**

2 tsp (10mL)

**kale leaves**

2 cup, chopped (80g)

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.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

#### **Grapefruit**

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

For all 3 meals:

#### **Grapefruit**

3 large (approx 4-1/2" dia) (996g)

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)

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### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

#### **raw celery**

2 stalk, medium (7-1/2" - 8" long)  
(80g)

For all 3 meals:

#### **raw celery**

6 stalk, medium (7-1/2" - 8" long)  
(240g)

1. Slice celery into sticks and serve.

### Scrambled eggs with veggies and ham

348 cals ● 28g protein ● 23g fat ● 7g carbs ● 1g fiber





For single meal:

**eggs**  
3 large (150g)  
**whole milk**  
3 tbsp (45mL)  
**butter**  
1/2 tbsp (7g)  
**onion, diced**  
3 tbsp, chopped (30g)  
**green pepper, chopped**  
3 tbsp, chopped (28g)  
**ham cold cuts, chopped**  
1 1/2 oz (43g)

For all 3 meals:

**eggs**  
9 large (450g)  
**whole milk**  
1/2 cup (135mL)  
**butter**  
1 1/2 tbsp (20g)  
**onion, diced**  
1/2 cup, chopped (90g)  
**green pepper, chopped**  
1/2 cup, chopped (84g)  
**ham cold cuts, chopped**  
1/4 lbs (128g)

1. Beat eggs, milk, onions, green peppers, ham, and some salt and pepper in medium bowl until blended.
2. Heat butter 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.

### Breakfast 3 [↗](#)

Eat on day 6, day 7

#### Pear

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



For single meal:

**pears**  
1 medium (178g)

For all 2 meals:

**pears**  
2 medium (356g)

1. This recipe has no instructions.

### High protein scrambled eggs

396 cals ● 39g protein ● 25g fat ● 4g carbs ● 0g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)  
**eggs**  
4 large (200g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**low fat cottage cheese (1% milkfat)**  
1 cup (226g)  
**eggs**  
8 large (400g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

## Lunch 1 [🔗](#)

Eat on day 1

### Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



**avocados**  
5/8 avocado(s) (126g)  
**lime juice**  
1 1/4 tsp (6mL)  
**salt**  
1 1/4 dash (1g)  
**black pepper**  
1 1/4 dash (0g)  
**mixed greens**  
1 1/4 cup (38g)  
**onion, minced**  
1/3 small (22g)  
**canned tuna**  
1 1/4 can (215g)  
**tomatoes**  
5 tbsp, chopped (56g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

### 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.

### Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



Makes 1 grapefruit

### Grapefruit

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

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

## Lunch 2 [↗](#)

Eat on day 2

### Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



#### onion

1 1/4 tbsp minced (19g)

#### lime juice

1 1/4 tbsp (19mL)

#### avocados, cubed

5/8 avocado(s) (126g)

#### tomatoes, diced

5/8 medium whole (2-3/5" dia) (77g)

#### olive oil

1 tsp (5mL)

#### garlic powder

1/3 tsp (1g)

#### salt

1/3 tsp (2g)

#### black pepper

1/3 tsp, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

### Chickpea & kale bone broth soup

661 cals ● 61g protein ● 16g fat ● 48g carbs ● 21g fiber



#### chicken bone broth

4 cup(s) (mL)

#### chickpeas, canned, drained

1 can (448g)

#### kale leaves, chopped

2 cup, chopped (80g)

#### garlic, minced

2 clove(s) (6g)

#### oil

1 tsp (5mL)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and bone broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

## Lunch 3 [↗](#)

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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### Grilled cheese sandwich

1 1/2 sandwich(es) - 743 cals ● 33g protein ● 49g fat ● 37g carbs ● 6g fiber



For single meal:

#### **bread**

3 slice (96g)

#### **butter**

1 1/2 tbsp (21g)

#### **sliced cheese**

3 slice (1 oz ea) (84g)

For all 2 meals:

#### **bread**

6 slice (192g)

#### **butter**

3 tbsp (43g)

#### **sliced cheese**

6 slice (1 oz ea) (168g)

1. Preheat skillet to medium-low.
  2. Spread butter on one side of one slice of bread.
  3. Place bread on skillet, butter-side down and top with cheese.
  4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
  5. Grill until lightly browned and then flip. Continue until cheese is melted.
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## Lunch 4 [🔗](#)

Eat on day 5

### Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



#### kale leaves, chopped

1/2 bunch (85g)

#### lemon, juiced

1/2 small (29g)

#### avocados, chopped

1/2 avocado(s) (101g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

### Chicken club bagel sandwich

1 sandwich(es) - 672 cals ● 42g protein ● 29g fat ● 58g carbs ● 3g fiber



Makes 1 sandwich(es)

#### romaine lettuce

1 leaf inner (6g)

#### mayonnaise

1 tbsp (15mL)

#### sliced cheese

2 slice (3/4 oz ea) (42g)

#### bagel

1 medium bagel (3-1/2" to 4" dia) (105g)

#### chicken cold cuts

4 oz (113g)

#### tomatoes

2 slice(s), thin/small (30g)

1. Build the sandwich to your liking.

## Lunch 5 [🔗](#)

Eat on day 6, day 7

### Cali roast beef wrap

2 wrap(s) - 823 cals ● 56g protein ● 30g fat ● 72g carbs ● 10g fiber



For single meal:

#### hot sauce

2 tsp (10mL)

#### coleslaw mix

2/3 cup (60g)

#### guacamole, store-bought

4 tbsp (62g)

#### roast beef cold cuts

1/2 lbs (227g)

#### flour tortillas

2 tortilla (approx 10" dia) (144g)

For all 2 meals:

#### hot sauce

4 tsp (20mL)

#### coleslaw mix

1 1/3 cup (120g)

#### guacamole, store-bought

1/2 cup (124g)

#### roast beef cold cuts

1 lbs (454g)

#### flour tortillas

4 tortilla (approx 10" dia) (288g)

1. Top the tortilla with roast beef, guacamole, coleslaw mix and a drizzle of hot sauce. Wrap up and serve.

## Snacks 1 [↗](#)

Eat on day 1, day 2

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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 2 meals:

**eggs**  
4 large (200g)

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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### Protein shake (milk)

258 cal ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

**whole milk**  
1 cup (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

**whole milk**  
2 cup (480mL)  
**protein powder**  
2 scoop (1/3 cup ea) (62g)

1. Mix until well-combined.
  2. Serve.
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## Snacks 2 [↗](#)

Eat on day 3, day 4

### Cherry tomatoes

12 cherry tomatoes - 42 cal ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

#### **tomatoes**

12 cherry tomatoes (204g)

For all 2 meals:

#### **tomatoes**

24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.

### Cottage cheese & honey

1/2 cup(s) - 125 cal ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

#### **honey**

2 tsp (14g)

#### **low fat cottage cheese (1% milkfat)**

1/2 cup (113g)

For all 2 meals:

#### **honey**

4 tsp (28g)

#### **low fat cottage cheese (1% milkfat)**

1 cup (226g)

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

### Kale chips

138 cal ● 3g protein ● 10g fat ● 7g carbs ● 2g fiber





For single meal:

**olive oil**  
2 tsp (10mL)  
**kale leaves**  
2/3 bunch (113g)  
**salt**  
1/4 tbsp (4g)

For all 2 meals:

**olive oil**  
4 tsp (20mL)  
**kale leaves**  
1 1/3 bunch (227g)  
**salt**  
1/2 tbsp (8g)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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### Milk

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



For single meal:

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

For all 3 meals:

**whole milk**  
3 cup (720mL)

1. This recipe has no instructions.

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## Cheesy ham roll ups

1 roll up(s) - 108 cals ● 9g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

**ham cold cuts**  
1 slice (23g)  
**cheese**  
3 tbsp, shredded (21g)

For all 3 meals:

**ham cold cuts**  
3 slice (69g)  
**cheese**  
1/2 cup, shredded (63g)

1. Lay slice of ham flat and sprinkle cheese evenly over the surface.
2. Roll up the ham.
3. Microwave for 30 seconds until warm and cheese has begun to melt.
4. Serve.
5. Note: To meal prep, complete steps 1 and 2 and wrap each roll up in plastic and store in the fridge. When ready to eat, remove from plastic and cook in microwave.

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 3 meals:

**almonds**  
6 tbsp, whole (54g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Makes 1/4 cup(s)

**almonds**  
4 tbsp, whole (36g)

1. This recipe has no instructions.

Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



Makes 3 half pepper(s)

**canned tuna, drained**

1 1/2 can (258g)

**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)

**bell pepper**

1 1/2 large (246g)

**onion**

3/8 small (26g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

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## Dinner 2 [↗](#)

Eat on day 2

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### Garlic collard greens

199 cal ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



**collard greens**

10 oz (284g)

**oil**

2 tsp (9mL)

**garlic, minced**

2 clove(s) (6g)

**salt**

1 1/4 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.

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### Flavored rice mix

382 cal ● 11g protein ● 2g fat ● 77g carbs ● 3g fiber



**flavored rice mix**  
2/3 pouch (~5.6 oz) (105g)

1. Prepare according to instructions on package.

## Basic chicken thighs

6 oz - 255 cal ● 32g protein ● 14g fat ● 0g carbs ● 0g fiber



Makes 6 oz

**oil**  
1/4 tbsp (4mL)  
**boneless skinless chicken thighs**  
6 oz (170g)

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.
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## Dinner 3 [↗](#)

Eat on day 3, day 4

### Basic chicken breast

10 2/3 oz - 423 cal ● 67g protein ● 17g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**boneless skinless chicken breast, raw**  
2/3 lbs (299g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**boneless skinless chicken breast, raw**  
1 1/3 lbs (597g)

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.

### Tomato and avocado salad

176 cal ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



For single meal:

**onion**  
3/4 tbsp minced (11g)  
**lime juice**  
3/4 tbsp (11mL)  
**avocados, cubed**  
3/8 avocado(s) (75g)  
**tomatoes, diced**  
3/8 medium whole (2-3/5" dia) (46g)  
**olive oil**  
1/2 tsp (3mL)  
**garlic powder**  
1 1/2 dash (1g)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash, ground (0g)

For all 2 meals:

**onion**  
1 1/2 tbsp minced (23g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**avocados, cubed**  
3/4 avocado(s) (151g)  
**tomatoes, diced**  
3/4 medium whole (2-3/5" dia) (92g)  
**olive oil**  
1 tsp (6mL)  
**garlic powder**  
3 dash (1g)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.



## Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

**salt**  
3/4 dash (1g)  
**water**  
1 1/2 cup(s) (356mL)  
**lentils, raw, rinsed**  
6 tbsp (72g)

For all 2 meals:

**salt**  
1 1/2 dash (1g)  
**water**  
3 cup(s) (711mL)  
**lentils, raw, rinsed**  
3/4 cup (144g)

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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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

**salt**  
1 dash (1g)  
**water**  
1 2/3 cup(s) (395mL)  
**lentils, raw, rinsed**  
6 2/3 tbsp (80g)

For all 2 meals:

**salt**  
1/4 tsp (1g)  
**water**  
3 1/3 cup(s) (790mL)  
**lentils, raw, rinsed**  
13 1/3 tbsp (160g)

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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## Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

**salad dressing**  
1/4 cup (56mL)  
**mixed greens**  
3 3/4 cup (113g)  
**tomatoes**  
10 tbsp cherry tomatoes (93g)

For all 2 meals:

**salad dressing**  
1/2 cup (113mL)  
**mixed greens**  
7 1/2 cup (225g)  
**tomatoes**  
1 1/4 cup cherry tomatoes (186g)

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

## Teriyaki chicken

8 oz - 380 cals ● 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.

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## Dinner 5 [↗](#)

Eat on day 7

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### Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber

Makes 1/2 piece(s)

### naan bread

1/2 piece (45g)



1. This recipe has no instructions.

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### Flavored rice mix

143 cals ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



### flavored rice mix

1/4 pouch (~5.6 oz) (40g)

1. Prepare according to instructions on package.

### Baked chicken with tomatoes & olives

12 oz - 599 cals ● 80g protein ● 25g fat ● 8g carbs ● 6g fiber





Makes 12 oz

**tomatoes**

12 cherry tomatoes (204g)

**olive oil**

2 tsp (10mL)

**salt**

4 dash (3g)

**green olives**

12 large (53g)

**black pepper**

4 dash (0g)

**chili powder**

2 tsp (5g)

**boneless skinless chicken breast,  
raw**

3/4 lbs (340g)

**fresh basil, shredded**

12 leaves (6g)

1. Heat the oven to 425 F (220 C)
  2. Put chicken breast in a small baking dish.
  3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
  4. On top of the chicken put the tomato, basil, and olives.
  5. Put the baking dish in the oven and cook for about 25 minutes.
  6. Check the chicken is cooked through. If not then add a few minutes of cook time.
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