

Meal Plan - 2700 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

2691 cals ● 201g protein (30%) ● 92g fat (31%) ● 228g carbs (34%) ● 35g fiber (5%)

Breakfast

480 cals, 40g protein, 47g net carbs, 12g fat



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



[Cinnamon french toast with yogurt dip](#)
263 cals



[Orange](#)
1 orange(s)- 85 cals

Snacks

270 cals, 3g protein, 55g net carbs, 1g fat



[Applesauce](#)
228 cals



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals

Lunch

990 cals, 93g protein, 73g net carbs, 32g fat



[Baked chicken with tomatoes & olives](#)
12 oz- 599 cals



[Naan bread](#)
1 1/2 piece(s)- 393 cals

Dinner

950 cals, 65g protein, 53g net carbs, 47g fat



[Tomato and avocado salad](#)
235 cals



[Turkey quinoa bowl](#)
716 cals

Day 2

2691 cals ● 201g protein (30%) ● 92g fat (31%) ● 228g carbs (34%) ● 35g fiber (5%)

Breakfast

480 cals, 40g protein, 47g net carbs, 12g fat



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



[Cinnamon french toast with yogurt dip](#)
263 cals



[Orange](#)
1 orange(s)- 85 cals

Snacks

270 cals, 3g protein, 55g net carbs, 1g fat



[Applesauce](#)
228 cals



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals

Lunch

990 cals, 93g protein, 73g net carbs, 32g fat



[Baked chicken with tomatoes & olives](#)
12 oz- 599 cals



[Naan bread](#)
1 1/2 piece(s)- 393 cals

Dinner

950 cals, 65g protein, 53g net carbs, 47g fat



[Tomato and avocado salad](#)
235 cals



[Turkey quinoa bowl](#)
716 cals

Day 3

2676 cals ● 212g protein (32%) ● 87g fat (29%) ● 229g carbs (34%) ● 32g fiber (5%)

Breakfast

480 cals, 40g protein, 47g net carbs, 12g fat



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



[Cinnamon french toast with yogurt dip](#)
263 cals



[Orange](#)
1 orange(s)- 85 cals

Snacks

325 cals, 17g protein, 29g net carbs, 12g fat



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



[Avocado toast](#)
1 slice(s)- 168 cals

Lunch

905 cals, 76g protein, 109g net carbs, 14g fat



[Chicken-broccoli-rice bowl](#)
733 cals



[Fruit juice](#)
1 1/2 cup(s)- 172 cals

Dinner

970 cals, 78g protein, 45g net carbs, 49g fat



[Spiced turkey meatball lettuce wrap](#)
5 lettuce wrap(s)- 613 cals



[Avocado](#)
176 cals



[Lowfat yogurt](#)
1 container(s)- 181 cals

Day 4

2735 cals ● 177g protein (26%) ● 79g fat (26%) ● 275g carbs (40%) ● 53g fiber (8%)

Breakfast

535 cals, 24g protein, 33g net carbs, 32g fat



[Toast with butter](#)
2 1/2 slice(s)- 284 cals



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



[Mixed nuts](#)
1/8 cup(s)- 109 cals

Snacks

325 cals, 17g protein, 29g net carbs, 12g fat



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



[Avocado toast](#)
1 slice(s)- 168 cals

Lunch

905 cals, 76g protein, 109g net carbs, 14g fat



[Chicken-broccoli-rice bowl](#)
733 cals



[Fruit juice](#)
1 1/2 cup(s)- 172 cals

Dinner

970 cals, 59g protein, 105g net carbs, 21g fat



[Lentil pasta](#)
673 cals



[Milk](#)
2 cup(s)- 298 cals

Day 5

2761 cals ● 226g protein (33%) ● 110g fat (36%) ● 188g carbs (27%) ● 30g fiber (4%)

Breakfast

535 cals, 24g protein, 33g net carbs, 32g fat



[Toast with butter](#)

2 1/2 slice(s)- 284 cals



[Basic scrambled eggs](#)

2 egg(s)- 142 cals



[Mixed nuts](#)

1/8 cup(s)- 109 cals

Snacks

345 cals, 31g protein, 35g net carbs, 7g fat



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

129 cals



[Orange](#)

1 orange(s)- 85 cals



[Cottage cheese & fruit cup](#)

1 container- 131 cals

Lunch

940 cals, 58g protein, 62g net carbs, 47g fat



[Salmon & veggie one pot](#)

8 oz salmon- 748 cals



[Flavored rice mix](#)

191 cals

Dinner

940 cals, 112g protein, 58g net carbs, 24g fat



[Chips and salsa](#)

326 cals



[Bbq pulled chicken & lime yogurt slaw bowl](#)

616 cals

Day 6

2748 cals ● 209g protein (30%) ● 86g fat (28%) ● 246g carbs (36%) ● 39g fiber (6%)

Breakfast

515 cals, 30g protein, 44g net carbs, 24g fat



[Waffles & Greek yogurt](#)

3 waffle(s)- 356 cals



[Basic fried eggs](#)

2 egg(s)- 159 cals

Snacks

345 cals, 31g protein, 35g net carbs, 7g fat



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

129 cals



[Orange](#)

1 orange(s)- 85 cals



[Cottage cheese & fruit cup](#)

1 container- 131 cals

Lunch

945 cals, 35g protein, 108g net carbs, 31g fat



[Pita bread](#)

1/2 pita bread(s)- 39 cals



[Spicy peanut & bean curry over rice](#)

793 cals



[Simple garlic bread](#)

1 slice(s)- 115 cals

Dinner

940 cals, 112g protein, 58g net carbs, 24g fat



[Chips and salsa](#)

326 cals



[Bbq pulled chicken & lime yogurt slaw bowl](#)

616 cals

Day 7

2672 cals ● 230g protein (34%) ● 94g fat (32%) ● 192g carbs (29%) ● 35g fiber (5%)

Breakfast

515 cals, 30g protein, 44g net carbs, 24g fat



Waffles & Greek yogurt
3 waffle(s)- 356 cals



Basic fried eggs
2 egg(s)- 159 cals

Snacks

345 cals, 31g protein, 35g net carbs, 7g fat



Protein shake (milk)
129 cals



Orange
1 orange(s)- 85 cals



Cottage cheese & fruit cup
1 container- 131 cals

Lunch

945 cals, 35g protein, 108g net carbs, 31g fat



Pita bread
1/2 pita bread(s)- 39 cals



Spicy peanut & bean curry over rice
793 cals



Simple garlic bread
1 slice(s)- 115 cals

Dinner

865 cals, 133g protein, 5g net carbs, 32g fat



Basic chicken breast
20 oz- 794 cals



Broccoli
2 1/2 cup(s)- 73 cals



Other

- ☐ cottage cheese & fruit cup
6 container (1020g)
- ☐ diced tomatoes with green chiles
3/4 can (~15 oz) (315g)
- ☐ lentil pasta
1/3 lbs (151g)
- ☐ coleslaw mix
5 cup (450g)
- ☐ sugar-free barbecue sauce
10 tbsp (150g)

Baked Products

- ☐ bread
13 1/2 oz (384g)
- ☐ naan bread
3 piece (270g)
- ☐ pita bread
1 pita, small (4" dia) (28g)
- ☐ frozen waffles
6 waffles (210g)

Dairy and Egg Products

- ☐ eggs
12 1/2 medium (544g)
- ☐ lowfat greek yogurt
1 1/2 cup (420g)
- ☐ nonfat greek yogurt, plain
2 3/4 container (473g)
- ☐ lowfat flavored yogurt
1 container (6 oz) (170g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ butter
2 1/3 tbsp (32g)
- ☐ whole milk
1/4 gallon (840mL)

Spices and Herbs

- ☐ cinnamon
1/4 tbsp (2g)
- ☐ salt
3/4 oz (18g)
- ☐ black pepper
3 1/2 g (3g)
- ☐ chili powder
4 tsp (11g)

Vegetables and Vegetable Products

- ☐ tomatoes
10 1/2 medium whole (2-3/5" dia) (1308g)
- ☐ onion
3 medium (2-1/2" dia) (318g)
- ☐ garlic
6 clove(s) (18g)
- ☐ romaine lettuce
5 leaf inner (30g)
- ☐ bell pepper
1 1/2 medium (193g)
- ☐ frozen broccoli
1 1/4 lbs (559g)
- ☐ canned crushed tomatoes
1 cup (242g)

Fats and Oils

- ☐ olive oil
1 1/4 oz (39mL)
- ☐ oil
3 oz (87mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
6 lbs (2613g)
- ☐ ground turkey, raw
1 3/4 lbs (794g)

Soups, Sauces, and Gravies

- ☐ chicken broth
1 1/2 cup(s) (mL)
- ☐ pasta sauce
1/3 jar (24 oz) (224g)
- ☐ salsa
1 cup (259g)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
3/4 cup (128g)
- ☐ long-grain white rice
1/2 cup (92g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
1 1/2 pouch (~5.6 oz) (237g)

- ☐ fresh basil
24 leaves (12g)
- ☐ garlic powder
5 g (5g)
- ☐ paprika
1 1/4 tsp (3g)
- ☐ dried dill weed
3/4 tbsp (2g)
- ☐ onion powder
1 tsp (2g)
- ☐ oregano, dried
1 tsp, leaves (1g)
- ☐ ground cumin
1 tbsp (7g)
- ☐ crushed red pepper
1/4 tbsp (1g)

Fruits and Fruit Juices

- ☐ orange
6 orange (924g)
- ☐ green olives
24 large (106g)
- ☐ lime juice
1 3/4 fl oz (55mL)
- ☐ avocados
2 avocado(s) (402g)
- ☐ applesauce
8 to-go container (~4 oz) (976g)
- ☐ lemon juice
3/8 fl oz (12mL)
- ☐ fruit juice
24 fl oz (720mL)

Nut and Seed Products

- ☐ mixed nuts
4 tbsp (34g)

Beverages

- ☐ protein powder
1 1/2 scoop (1/3 cup ea) (47g)
- ☐ water
1 3/4 cup(s) (415mL)

Finfish and Shellfish Products

- ☐ salmon
1/2 lbs (227g)

Snacks

- ☐ tortilla chips
4 oz (113g)

Legumes and Legume Products

- ☐ peanut butter
3 tbsp (48g)
 - ☐ kidney beans
1 1/2 can (672g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

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 3 meals:

cottage cheese & fruit cup
3 container (510g)

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

Cinnamon french toast with yogurt dip

263 cal ● 25g protein ● 9g fat ● 18g carbs ● 2g fiber



For single meal:

bread
1 slice(s) (32g)
eggs
1 extra large (56g)
cinnamon
2 dash (1g)
lowfat greek yogurt
1/2 cup (140g)

For all 3 meals:

bread
3 slice(s) (96g)
eggs
3 extra large (168g)
cinnamon
1/4 tbsp (2g)
lowfat greek yogurt
1 1/2 cup (420g)

1. Crack the egg into a bowl and whisk with a fork until well combined.
2. Spray a skillet with a non-stick spray and place skillet over medium heat.
3. Dredge the bread in the egg until fully coated and soaked.
4. Place bread in skillet and cook for about a minute or two on each side until golden.
5. Remove bread and sprinkle with cinnamon and serve with the yogurt as a dipping sauce.

Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 3 meals:

orange
3 orange (462g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Toast with butter

2 1/2 slice(s) - 284 cals ● 10g protein ● 12g fat ● 30g carbs ● 5g fiber



For single meal:

bread
2 1/2 slice (80g)
butter
2 1/2 tsp (11g)

For all 2 meals:

bread
5 slice (160g)
butter
5 tsp (23g)

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

Basic scrambled eggs

2 egg(s) - 142 cals ● 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.

Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

mixed nuts
2 tbsp (17g)

For all 2 meals:

mixed nuts
4 tbsp (34g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Waffles & Greek yogurt

3 waffle(s) - 356 cals ● 18g protein ● 12g fat ● 44g carbs ● 1g fiber



For single meal:

nonfat greek yogurt, plain
6 tbsp (105g)
frozen waffles
3 waffles (105g)

For all 2 meals:

nonfat greek yogurt, plain
3/4 cup (210g)
frozen waffles
6 waffles (210g)

1. Toast waffles according to package instructions.
2. Spread Greek yogurt on top of waffles. Optionally, you can cut the waffle in half and make it into a waffle and Greek yogurt sandwich. Serve.

Basic fried eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 large (100g)

For all 2 meals:

oil
1 tsp (5mL)
eggs
4 large (200g)

1. Heat oil in a skillet over medium low heat.
 2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.
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Lunch 1 [↗](#)

Eat on day 1, day 2

Baked chicken with tomatoes & olives

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



For single meal:

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)

For all 2 meals:

tomatoes

24 cherry tomatoes (408g)

olive oil

4 tsp (20mL)

salt

1 tsp (6g)

green olives

24 large (106g)

black pepper

1 tsp (1g)

chili powder

4 tsp (11g)

boneless skinless chicken breast, raw

1 1/2 lbs (680g)

fresh basil, shredded

24 leaves (12g)

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.

Naan bread

1 1/2 piece(s) - 393 cals ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber



For single meal:

naan bread

1 1/2 piece (135g)

For all 2 meals:

naan bread

3 piece (270g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3, day 4

Chicken-broccoli-rice bowl

733 cals ● 74g protein ● 14g fat ● 71g carbs ● 8g fiber



For single meal:

boneless skinless chicken breast, raw

9 1/3 oz (261g)

frozen broccoli

5/8 package (166g)

flavored rice mix

5/8 pouch (~5.6 oz) (92g)

salt

1/4 tsp (2g)

black pepper

1/4 tsp, ground (1g)

olive oil

1 tsp (6mL)

For all 2 meals:

boneless skinless chicken breast, raw

18 2/3 oz (523g)

frozen broccoli

1 1/6 package (331g)

flavored rice mix

1 1/6 pouch (~5.6 oz) (184g)

salt

1/2 tsp (3g)

black pepper

1/2 tsp, ground (1g)

olive oil

3/4 tbsp (12mL)

1. Cut the chicken breast into small cubes (0.5 - 1 inches) and sautee in olive oil over medium heat until cooked through. Season with salt and pepper (or any other seasonings) to taste.
2. Meanwhile, prepare the rice mix and broccoli according to the instructions on the packages.
3. When everything is ready mix it all together and serve.

Fruit juice

1 1/2 cup(s) - 172 cals ● 3g protein ● 1g fat ● 38g carbs ● 1g fiber



For single meal:

fruit juice

12 fl oz (360mL)

For all 2 meals:

fruit juice

24 fl oz (720mL)

1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 5

Salmon & veggie one pot

8 oz salmon - 748 cal ● 53g protein ● 46g fat ● 23g carbs ● 8g fiber



Makes 8 oz salmon

ground cumin

1 tsp (2g)

water

1/4 cup(s) (59mL)

oil

1 tbsp (15mL)

dried dill weed

1 tsp (1g)

canned crushed tomatoes

1 cup (242g)

onion, sliced

1 small (70g)

bell pepper, sliced into strips

1 medium (119g)

salmon

1/2 lbs (227g)

1. Heat oil, bell pepper, and onion in a skillet over medium heat. Fry for about 6-8 minutes until soft.
2. Add water, cumin, and salt/pepper to taste. Simmer for 5 minutes.
3. Place salmon on top of vegetables. Cover with a lid and let cook for another 8-10 minutes, or until the salmon is done.
4. Top with dill and serve.

Flavored rice mix

191 cal ● 6g protein ● 1g fat ● 39g carbs ● 2g fiber



flavored rice mix

1/3 pouch (~5.6 oz) (53g)

1. Prepare according to instructions on package.

Lunch 4 [↗](#)

Eat on day 6, day 7

Pita bread

1/2 pita bread(s) - 39 cal ● 1g protein ● 0g fat ● 7g carbs ● 1g fiber



For single meal:

pita bread

1/2 pita, small (4" dia) (14g)

For all 2 meals:

pita bread

1 pita, small (4" dia) (28g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Spicy peanut & bean curry over rice

793 cals ● 30g protein ● 26g fat ● 89g carbs ● 20g fiber



For single meal:

oil
3/4 tbsp (11mL)
crushed red pepper
3 dash (1g)
long-grain white rice
4 tbsp (46g)
peanut butter
1 1/2 tbsp (24g)
water
3/4 cup(s) (178mL)
ground cumin
1 tsp (2g)
garlic, diced
2 1/4 clove(s) (7g)
tomatoes, chopped
1 1/2 medium whole (2-3/5" dia) (185g)
onion, diced
3/4 medium (2-1/2" dia) (83g)
kidney beans, drained and rinsed
3/4 can (336g)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
crushed red pepper
1/4 tbsp (1g)
long-grain white rice
1/2 cup (92g)
peanut butter
3 tbsp (48g)
water
1 1/2 cup(s) (356mL)
ground cumin
3/4 tbsp (5g)
garlic, diced
4 1/2 clove(s) (14g)
tomatoes, chopped
3 medium whole (2-3/5" dia) (369g)
onion, diced
1 1/2 medium (2-1/2" dia) (165g)
kidney beans, drained and rinsed
1 1/2 can (672g)

1. Cook rice according to package instructions. Set aside.
2. Heat oil in a large skillet over medium heat. Add onions and garlic and saute until softened, about 10 minutes.
3. Add in tomatoes, cumin, crushed red pepper, and a hefty pinch of salt. Feel free to add more/less crushed red pepper depending on your preferred spice level. Stir and toast spices, about 1 minute.
4. Add in kidney beans, water, and peanut butter. Stir peanut butter into the water and break it apart and turn it into a sauce-like consistency. Cook for 5-8 more minutes until beans are heated through and sauce is bubbly.
5. Add rice to a plate and spoon the curry on top. Serve.

Simple garlic bread

1 slice(s) - 115 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)
garlic powder
1/2 dash (0g)

For all 2 meals:

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

1. Spread the butter on the bread, sprinkle with some garlic powder, and toast in a toaster oven until bread is golden brown.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Applesauce

228 cal ● 1g protein ● 0g fat ● 50g carbs ● 5g fiber



For single meal:

applesauce

4 to-go container (~4 oz) (488g)

For all 2 meals:

applesauce

8 to-go container (~4 oz) (976g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

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.

Snacks 2 [↗](#)

Eat on day 3, day 4

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 ea) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread

1 slice (32g)

avocados, ripe, sliced

1/4 avocado(s) (50g)

For all 2 meals:

bread

2 slice (64g)

avocados, ripe, sliced

1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Protein shake (milk)

129 cals ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk

1/2 cup (120mL)

protein powder

1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

whole milk

1 1/2 cup (360mL)

protein powder

1 1/2 scoop (1/3 cup ea) (47g)

1. Mix until well-combined.
2. Serve.

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange

1 orange (154g)

For all 3 meals:

orange

3 orange (462g)

1. This recipe has no instructions.

Cottage cheese & fruit cup

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



For single meal:
cottage cheese & fruit cup
1 container (170g)

For all 3 meals:
cottage cheese & fruit cup
3 container (510g)

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

Dinner 1 [🔗](#)

Eat on day 1, day 2

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:
onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)

For all 2 meals:
onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 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.

Turkey quinoa bowl

716 cals ● 62g protein ● 29g fat ● 47g carbs ● 5g fiber



For single meal:

onion, chopped
3/8 small (26g)
diced tomatoes with green chiles
3/8 can (~15 oz) (158g)
chicken broth
3/4 cup(s) (mL)
quinoa, uncooked
6 tbsp (64g)
oil
1 tsp (6mL)
garlic, minced
3/4 clove(s) (2g)
ground turkey, raw
1/2 lbs (255g)

For all 2 meals:

onion, chopped
3/4 small (53g)
diced tomatoes with green chiles
3/4 can (~15 oz) (315g)
chicken broth
1 1/2 cup(s) (mL)
quinoa, uncooked
3/4 cup (128g)
oil
3/4 tbsp (11mL)
garlic, minced
1 1/2 clove(s) (5g)
ground turkey, raw
18 oz (510g)

1. Bring chicken broth and quinoa to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 15 to 20 minutes.
2. Heat oil in a large skillet over medium-high heat. Saute onion and garlic in hot oil until onion is translucent, 5 to 7 minutes. Add ground turkey and break into small pieces while cooking until completely browned, 7 to 10 minutes.
3. Stir cooked quinoa and diced tomatoes into the turkey mixture; bring to a simmer and cook long enough for the flavors to meld, about 10 minutes more.

Dinner 2 [↗](#)

Eat on day 3

Spiced turkey meatball lettuce wrap

5 lettuce wrap(s) - 613 cals ● 67g protein ● 32g fat ● 11g carbs ● 4g fiber



Makes 5 lettuce wrap(s)

romaine lettuce

5 leaf inner (30g)

ground turkey, raw

10 oz (284g)

nonfat greek yogurt, plain

5 tbsp (88g)

bell pepper, sliced into strips

5/8 medium (74g)

paprika

1 1/4 tsp (3g)

dried dill weed

1 1/4 tsp (1g)

lemon juice

2 tsp (9mL)

onion powder

1 tsp (2g)

garlic powder

1 tsp (3g)

oregano, dried

1 tsp, leaves (1g)

oil

2 tsp (9mL)

salt

1 tsp (6g)

1. In a large bowl, mix together the ground turkey, onion powder, garlic powder, oregano, and salt with your hands until well incorporated. Form into small meatballs.
2. Heat oil in a large skillet over medium heat. Add meatballs and cook, turning gently, until all sides are browned and the meatballs are cooked through.
3. Meanwhile, make yogurt dressing by mixing together the yogurt, paprika, dill, lemon juice, and a pinch of salt. Set aside.
4. Assemble lettuce wrap by placing pepper strips and meatballs on the romaine lettuce leaves. Top with yogurt dressing. Serve.

Avocado

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



avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

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

Lowfat yogurt

1 container(s) - 181 cal ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



Makes 1 container(s)

lowfat flavored yogurt

1 container (6 oz) (170g)

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

Eat on day 4

Lentil pasta

673 cals ● 43g protein ● 5g fat ● 81g carbs ● 32g fiber



pasta sauce

1/3 jar (24 oz) (224g)

lentil pasta

1/3 lbs (151g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Milk

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber

Makes 2 cup(s)

whole milk

2 cup (480mL)



1. This recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 5, day 6

Chips and salsa

326 cals ● 6g protein ● 13g fat ● 42g carbs ● 5g fiber



For single meal:

salsa

1/2 cup (130g)

tortilla chips

2 oz (57g)

For all 2 meals:

salsa

1 cup (259g)

tortilla chips

4 oz (113g)

1. Serve salsa with the tortilla chips.

Bbq pulled chicken & lime yogurt slaw bowl

616 cals ● 106g protein ● 12g fat ● 17g carbs ● 5g fiber



For single meal:

lime juice

2 1/2 tsp (13mL)

boneless skinless chicken breast, raw

15 oz (425g)

coleslaw mix

2 1/2 cup (225g)

sugar-free barbecue sauce

5 tbsp (75g)

nonfat greek yogurt, plain

5 tbsp (88g)

For all 2 meals:

lime juice

5 tsp (25mL)

boneless skinless chicken breast, raw

30 oz (851g)

coleslaw mix

5 cup (450g)

sugar-free barbecue sauce

10 tbsp (150g)

nonfat greek yogurt, plain

10 tbsp (175g)

1. Put chicken in a small saucepan and cover with water. Bring to a boil and cook for about 10-15 minutes until chicken is no longer pink inside. Remove chicken from pot and set aside to lightly cool.
2. In a small bowl, mix together the greek yogurt and lime juice until it forms a sauce-like consistency. Add in the coleslaw mix and toss to coat. Set aside.
3. Use two forks to shred the chicken. Add shredded chicken to a small bowl and coat with barbecue sauce.
4. Add coleslaw to the bbq chicken bowl and serve.

Dinner 5 [🔗](#)

Eat on day 7

Basic chicken breast

20 oz - 794 cals ● 126g protein ● 32g fat ● 0g carbs ● 0g fiber



Makes 20 oz

oil

1 1/4 tbsp (19mL)

**boneless skinless chicken breast,
raw**

1 1/4 lbs (560g)

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.

Broccoli

2 1/2 cup(s) - 73 cals ● 7g protein ● 0g fat ● 5g carbs ● 7g fiber



Makes 2 1/2 cup(s)

frozen broccoli

2 1/2 cup (228g)

1. Prepare according to instructions on package.
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