

# Meal Plan - 2800 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

2750 cals ● 215g protein (31%) ● 125g fat (41%) ● 152g carbs (22%) ● 39g fiber (6%)

### Breakfast

520 cals, 25g protein, 31g net carbs, 28g fat



**Egg & guac sandwich**  
1/2 sandwich(es)- 191 cals



**Avocado**  
176 cals



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

### Snacks

300 cals, 34g protein, 35g net carbs, 2g fat



**Watermelon**  
8 oz- 82 cals



**Beef jerky**  
220 cals

### Lunch

940 cals, 89g protein, 20g net carbs, 49g fat



**Pistachios**  
188 cals



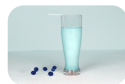
**Baked chicken with tomatoes & olives**  
12 oz- 599 cals



**Simple kale & avocado salad**  
154 cals

### Dinner

985 cals, 67g protein, 66g net carbs, 46g fat



**Kefir**  
300 cals



**Avocado, apple, chicken salad**  
687 cals

## Day 2

2801 cals ● 181g protein (26%) ● 134g fat (43%) ● 176g carbs (25%) ● 42g fiber (6%)

### Breakfast

520 cals, 25g protein, 31g net carbs, 28g fat



**Egg & guac sandwich**  
1/2 sandwich(es)- 191 cals



**Avocado**  
176 cals



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

### Snacks

300 cals, 34g protein, 35g net carbs, 2g fat



**Watermelon**  
8 oz- 82 cals



**Beef jerky**  
220 cals

### Lunch

990 cals, 55g protein, 44g net carbs, 58g fat



**Brussels sprouts skillet with bacon & almonds**  
762 cals



**Simple garlic bread**  
2 slice(s)- 229 cals

### Dinner

985 cals, 67g protein, 66g net carbs, 46g fat



**Kefir**  
300 cals



**Avocado, apple, chicken salad**  
687 cals

## Day 3

2786 cals ● 253g protein (36%) ● 105g fat (34%) ● 176g carbs (25%) ● 31g fiber (4%)

### Breakfast

485 cals, 33g protein, 27g net carbs, 24g fat



**Protein bar**  
1 bar- 245 cals



**Egg in an eggplant**  
241 cals

### Snacks

385 cals, 25g protein, 29g net carbs, 15g fat



**Cottage cheese & honey**  
3/4 cup(s)- 187 cals



**Pepper strips and guacamole**  
200 cals

### Lunch

925 cals, 121g protein, 38g net carbs, 32g fat



**Buttery lemon rice**  
185 cals



**Basic chicken breast**  
18 2/3 oz- 740 cals

### Dinner

990 cals, 73g protein, 81g net carbs, 35g fat



**Turkey-mixed veggies-quinoa bowl**  
914 cals



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

## Day 4

2547 cals ● 203g protein (32%) ● 103g fat (37%) ● 161g carbs (25%) ● 41g fiber (6%)

### Breakfast

485 cals, 33g protein, 27g net carbs, 24g fat



**Protein bar**  
1 bar- 245 cals



**Egg in an eggplant**  
241 cals

### Snacks

385 cals, 25g protein, 29g net carbs, 15g fat



**Cottage cheese & honey**  
3/4 cup(s)- 187 cals



**Pepper strips and guacamole**  
200 cals

### Lunch

685 cals, 71g protein, 23g net carbs, 30g fat



**Easy garlic chicken**  
10 oz- 456 cals



**Simple kale & avocado salad**  
230 cals

### Dinner

990 cals, 73g protein, 81g net carbs, 35g fat



**Turkey-mixed veggies-quinoa bowl**  
914 cals



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

## Day 5

2791 cals ● 196g protein (28%) ● 86g fat (28%) ● 276g carbs (40%) ● 32g fiber (5%)

### Breakfast

485 cals, 33g protein, 27g net carbs, 24g fat



**Protein bar**  
1 bar- 245 cals



**Egg in an eggplant**  
241 cals

### Snacks

370 cals, 19g protein, 30g net carbs, 16g fat



**Quinoa & chia yogurt parfait**  
282 cals



**Walnuts**  
1/8 cup(s)- 87 cals

### Lunch

1020 cals, 58g protein, 130g net carbs, 24g fat



**Avocado chicken BLT pasta salad**  
705 cals



**Tomato soup**  
1 1/2 can(s)- 316 cals

### Dinner

915 cals, 86g protein, 88g net carbs, 22g fat



**Fruit juice**  
1 cup(s)- 115 cals



**Spanish chicken & rice**  
801 cals

## Day 6

2779 cals ● 212g protein (30%) ● 100g fat (32%) ● 229g carbs (33%) ● 30g fiber (4%)

### Breakfast

505 cals, 27g protein, 18g net carbs, 33g fat



**Avocado toast**  
1 slice(s)- 168 cals



**Pumpkin seeds**  
183 cals



**Veggie mason jar omelet**  
1 jar(s)- 155 cals

### Snacks

370 cals, 19g protein, 30g net carbs, 16g fat



**Quinoa & chia yogurt parfait**  
282 cals



**Walnuts**  
1/8 cup(s)- 87 cals

### Lunch

990 cals, 80g protein, 92g net carbs, 29g fat



**Cottage cheese & honey**  
1/2 cup(s)- 125 cals



**Chicken & sweet potato wrap**  
2 wrap(s)- 864 cals

### Dinner

915 cals, 86g protein, 88g net carbs, 22g fat



**Fruit juice**  
1 cup(s)- 115 cals



**Spanish chicken & rice**  
801 cals

## Day 7

2752 cals ● 211g protein (31%) ● 129g fat (42%) ● 155g carbs (22%) ● 33g fiber (5%)

### Breakfast

505 cals, 27g protein, 18g net carbs, 33g fat



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



[Pumpkin seeds](#)  
183 cals



[Veggie mason jar omelet](#)  
1 jar(s)- 155 cals

### Snacks

370 cals, 19g protein, 30g net carbs, 16g fat



[Quinoa & chia yogurt parfait](#)  
282 cals



[Walnuts](#)  
1/8 cup(s)- 87 cals

### Lunch

990 cals, 80g protein, 92g net carbs, 29g fat



[Cottage cheese & honey](#)  
1/2 cup(s)- 125 cals



[Chicken & sweet potato wrap](#)  
2 wrap(s)- 864 cals

### Dinner

890 cals, 85g protein, 14g net carbs, 51g fat



[Roasted almonds](#)  
1/3 cup(s)- 296 cals



[Buffalo chicken salad](#)  
593 cals

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## Fats and Oils

- ☐ oil  
3 oz (93mL)
- ☐ olive oil  
2 oz (59mL)
- ☐ mayonnaise  
2 tbsp (28mL)

## Other

- ☐ guacamole, store-bought  
7 oz (196g)
- ☐ flavored quinoa mix  
1 1/6 package (4.9 oz) (162g)
- ☐ protein bar (20g protein)  
3 bar (150g)
- ☐ mixed greens  
2 3/4 cup (83g)
- ☐ italian seasoning  
4 tsp (14g)

## Dairy and Egg Products

- ☐ eggs  
12 large (600g)
- ☐ lowfat flavored greek yogurt  
5 (5.3 oz ea) container(s) (750g)
- ☐ kefir, flavored  
4 cup (960mL)
- ☐ butter  
1/6 stick (23g)
- ☐ whole milk  
1 cup (240mL)
- ☐ low fat cottage cheese (1% milkfat)  
2 1/2 cup (565g)
- ☐ sour cream  
2 oz (55g)
- ☐ nonfat greek yogurt, plain  
1 container (158g)

## Baked Products

- ☐ bread  
6 3/4 oz (192g)
- ☐ bread crumbs  
1/4 cup (23g)
- ☐ flour tortillas  
4 tortilla (approx 7-8" dia) (196g)

## Fruits and Fruit Juices

## Spices and Herbs

- ☐ salt  
1 3/4 tsp (10g)
- ☐ black pepper  
3 g (3g)
- ☐ chili powder  
2 tbsp (18g)
- ☐ fresh basil  
12 leaves (6g)
- ☐ garlic powder  
1/4 oz (7g)
- ☐ cajun seasoning  
1/2 tbsp (3g)
- ☐ lemon pepper  
1/3 tsp (1g)
- ☐ dijon mustard  
1/2 tbsp (8g)
- ☐ ground cumin  
1 tbsp (6g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
7 lbs (3131g)
- ☐ ground turkey, raw  
18 3/4 oz (529g)

## Snacks

- ☐ beef jerky  
6 oz (170g)

## Pork Products

- ☐ bacon, raw  
3 1/3 slice(s) (94g)
- ☐ bacon  
1 1/2 slice(s) (15g)

## Cereal Grains and Pasta

- ☐ long-grain white rice  
1 cup (185g)
- ☐ quinoa, uncooked  
6 tbsp (64g)
- ☐ uncooked dry pasta  
3 oz (86g)

## Beverages

- ☐ avocados  
4 avocado(s) (771g)
- ☐ lemon juice  
1 fl oz (27mL)
- ☐ green olives  
12 large (53g)
- ☐ lemon  
5/6 small (48g)
- ☐ apples  
1 1/4 medium (3" dia) (228g)
- ☐ lime juice  
2 tbsp (28mL)
- ☐ Watermelon  
16 oz (453g)
- ☐ fruit juice  
16 fl oz (480mL)

## Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added  
4 tbsp (31g)
- ☐ almonds  
2 1/2 oz (68g)
- ☐ chia seeds  
2 tbsp (28g)
- ☐ walnuts  
6 tbsp, shelled (38g)
- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
3 medium whole (2-3/5" dia) (361g)
- ☐ kale leaves  
5/6 bunch (142g)
- ☐ raw celery  
1/8 bunch (53g)
- ☐ brussels sprouts  
2/3 lbs (302g)
- ☐ frozen mixed veggies  
1 1/6 package (16 oz ea) (529g)
- ☐ eggplant  
6 1 inch (2.5 cm) slice(s) (360g)
- ☐ bell pepper  
2 1/2 large (391g)
- ☐ garlic  
5 1/2 clove(s) (17g)
- ☐ onion  
1 1/2 medium (2-1/2" dia) (175g)
- ☐ jalapeno pepper  
1 1/2 pepper (21g)
- ☐ sweet potatoes  
2 sweetpotato, 5" long (420g)

- ☐ water  
1 1/2 cup(s) (327mL)

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
1/4 cup(s) (mL)
- ☐ condensed canned tomato soup  
1 1/2 can (10.5 oz) (447g)
- ☐ Frank's Red Hot sauce  
1/4 cup (56mL)

## Sweets

- ☐ honey  
1/4 cup (70g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Egg & guac sandwich

1/2 sandwich(es) - 191 cals ● 11g protein ● 10g fat ● 13g carbs ● 3g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**guacamole, store-bought**  
1 tbsp (15g)  
**eggs**  
1 large (50g)  
**bread**  
1 slice(s) (32g)

For all 2 meals:

**oil**  
1/2 tsp (3mL)  
**guacamole, store-bought**  
2 tbsp (31g)  
**eggs**  
2 large (100g)  
**bread**  
2 slice(s) (64g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

### 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.

### Lowfat Greek yogurt

1 container(s) - 155 cals ● 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.

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## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Protein bar

1 bar - 245 cal ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

**protein bar (20g protein)**  
1 bar (50g)

For all 3 meals:

**protein bar (20g protein)**  
3 bar (150g)

1. This recipe has no instructions.

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### Egg in an eggplant

241 cal ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



For single meal:

**eggs**  
2 large (100g)  
**eggplant**  
2 1 inch (2.5 cm) slice(s) (120g)  
**oil**  
2 tsp (10mL)

For all 3 meals:

**eggs**  
6 large (300g)  
**eggplant**  
6 1 inch (2.5 cm) slice(s) (360g)  
**oil**  
2 tbsp (30mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
  2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
  3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
  4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### 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.

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### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

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

1. This recipe has no instructions.

### Veggie mason jar omelet

1 jar(s) - 155 cals ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

**onion, diced**  
1/4 small (18g)  
**bell pepper, chopped**  
1/2 small (37g)  
**eggs**  
2 large (100g)

For all 2 meals:

**onion, diced**  
1/2 small (35g)  
**bell pepper, chopped**  
1 small (74g)  
**eggs**  
4 large (200g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

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## Lunch 1 [🔗](#)

Eat on day 1

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### Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



**pistachios, dry roasted, without shells or salt added**  
4 tbsp (31g)

1. This recipe has no instructions.

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### 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.

## Simple kale & avocado salad

154 cal ● 3g protein ● 10g fat ● 6g carbs ● 6g fiber



**kale leaves, chopped**

1/3 bunch (57g)

**lemon, juiced**

1/3 small (19g)

**avocados, chopped**

1/3 avocado(s) (67g)

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.

## Lunch 2 [🔗](#)

Eat on day 2

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### Brussels sprouts skillet with bacon & almonds

762 cals ● 47g protein ● 48g fat ● 20g carbs ● 15g fiber

**black pepper**

1/3 tsp, ground (1g)

**salt**

1/3 tsp (2g)

**cajun seasoning**

1/2 tbsp (3g)

**almonds**

1/4 cup, sliced (20g)

**brussels sprouts, shredded or thinly sliced**

2/3 lbs (302g)

**bacon, raw**

3 1/3 slice(s) (94g)

1. Fry bacon according to package.
2. Once the bacon is cooked, remove bacon from skillet and keep the grease in the pan. When the bacon is cool, chop into small pieces.
3. Add the almonds to the bacon grease and toast for a minute or so.
4. Add in the shredded Brussels sprouts and seasonings and cook for 7-10 minutes, stirring occasionally, until tender.
5. Mix in bacon.
6. Serve.

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### Simple garlic bread

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



Makes 2 slice(s)

**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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## Lunch 3 [🔗](#)

Eat on day 3

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### Buttery lemon rice

185 cals ● 4g protein ● 2g fat ● 38g carbs ● 1g fiber



#### **butter**

3 dash (2g)

#### **lemon pepper**

1/3 tsp (1g)

#### **lemon juice**

1/2 tbsp (8mL)

#### **long-grain white rice**

4 tbsp (46g)

#### **water**

1/4 cup(s) (59mL)

#### **vegetable broth**

1/4 cup(s) (mL)

1. Combine all ingredients except lemon pepper in saucepan.
  2. Bring to a boil, then reduce heat.
  3. Cover pot and allow to simmer slowly for 20 minutes, or until liquid is absorbed.
  4. Sprinkle with lemon pepper before serving.
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### Basic chicken breast

18 2/3 oz - 740 cals ● 118g protein ● 30g fat ● 0g carbs ● 0g fiber



Makes 18 2/3 oz

**oil**

3 1/2 tsp (17mL)

**boneless skinless chicken breast,  
raw**

18 2/3 oz (523g)

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.
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## Lunch 4 [🔗](#)

Eat on day 4

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### Easy garlic chicken

10 oz - 456 cals ● 67g protein ● 15g fat ● 14g carbs ● 1g fiber



Makes 10 oz

**boneless skinless chicken breast, raw**

10 oz (284g)

**butter**

2 1/2 tsp (12g)

**bread crumbs**

1/4 cup (23g)

**garlic, minced**

2 1/2 clove(s) (8g)

1. Preheat oven to 375°F (190°C).
2. In a small saucepan melt butter/margarine with garlic. Dip chicken pieces in butter/garlic sauce, letting extra drip off, then coat completely with bread crumbs.
3. Place coated chicken in a baking dish. Combine any leftover butter/garlic sauce with bread crumbs and spoon mixture over chicken pieces. Bake in the preheated oven for 20 to 30 minutes or until no longer pink inside. Time may vary depending on thickness of the chicken breast.
4. Serve.

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### 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.
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## Lunch 5 [🔗](#)

Eat on day 5

### Avocado chicken BLT pasta salad

705 cals ● 51g protein ● 23g fat ● 67g carbs ● 8g fiber



#### **boneless skinless chicken breast, raw**

5 oz (142g)

#### **sour cream**

4 tsp (19g)

#### **dijon mustard**

1/2 tbsp (8g)

#### **uncooked dry pasta**

3 oz (86g)

#### **tomatoes, halved**

4 tbsp cherry tomatoes (37g)

#### **onion, diced**

1/4 small (18g)

#### **lemon juice**

1 tbsp (15mL)

#### **bacon**

1 1/2 slice(s) (15g)

#### **avocados, chopped**

1/4 avocado(s) (50g)

#### **mixed greens**

1/2 cup (15g)

1. Cook pasta according to package directions. Drain and set aside.
2. Meanwhile, cook bacon in a large skillet over medium heat. Once cooked and crispy, transfer to a paper towel and set aside.
3. Add chicken to the skillet and cook in the remaining bacon fat. Cook on both sides until browned and cooked through. Remove chicken from the skillet and set aside to cool.
4. In a small bowl, mix together the sour cream, lemon juice, and dijon mustard. Add some salt/pepper to taste.
5. Chop the cooked chicken into bite-sized pieces. Add it to a large bowl with the pasta, sour cream dressing, greens, tomatoes, onion, and avocado. Crumble bacon on top and serve.

### Tomato soup

1 1/2 can(s) - 316 cals ● 7g protein ● 2g fat ● 63g carbs ● 5g fiber



Makes 1 1/2 can(s)

#### **condensed canned tomato soup**

1 1/2 can (10.5 oz) (447g)

1. Prepare according to instructions on package.

## Lunch 6 [↗](#)

Eat on day 6, day 7

### 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.

### Chicken & sweet potato wrap

2 wrap(s) - 864 cal ● 66g protein ● 28g fat ● 78g carbs ● 9g fiber



For single meal:

#### **oil**

1 tbsp (15mL)

#### **italian seasoning**

2 tsp (7g)

#### **nonfat greek yogurt, plain**

2 tbsp (35g)

#### **mixed greens**

1/2 cup (15g)

#### **onion, thinly sliced**

4 slices, thin (36g)

#### **boneless skinless chicken breast, raw, cut into strips**

1/2 lbs (227g)

#### **sweet potatoes**

1 sweetpotato, 5" long (210g)

#### **flour tortillas**

2 tortilla (approx 7-8" dia) (98g)

For all 2 meals:

#### **oil**

2 tbsp (30mL)

#### **italian seasoning**

4 tsp (14g)

#### **nonfat greek yogurt, plain**

4 tbsp (70g)

#### **mixed greens**

1 cup (30g)

#### **onion, thinly sliced**

8 slices, thin (72g)

#### **boneless skinless chicken breast, raw, cut into strips**

1 lbs (454g)

#### **sweet potatoes**

2 sweetpotato, 5" long (420g)

#### **flour tortillas**

4 tortilla (approx 7-8" dia) (196g)

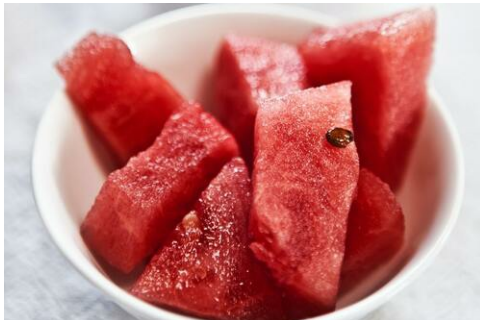
1. Pierce sweet potato with a fork a few times and microwave for 5-10 minutes, until soft. Set aside to cool a little.
2. Meanwhile, coat chicken strips in oil, italian seasoning, and a pinch of salt/pepper. Cook chicken in a skillet over medium heat until golden and fully cooked.
3. Scoop out sweet potato flesh with a spoon and transfer to a small bowl. Discard the skin. Mash the sweet potato flesh with a fork until it has a mashed potato consistency.
4. Assemble wrap by spreading a layer of mashed sweet potato onto the tortilla and top with chicken, greens, onion, and greek yogurt. Serve.
5. Meal prep tip: store mashed sweet potato and cooked chicken separately in airtight containers in the fridge. Assemble wrap the day-of.

## Snacks 1 [↗](#)

Eat on day 1, day 2

### Watermelon

8 oz - 82 cal ● 2g protein ● 0g fat ● 17g carbs ● 1g fiber



For single meal:

**Watermelon**  
8 oz (227g)

For all 2 meals:

**Watermelon**  
16 oz (453g)

1. Slice watermelon and serve.

### Beef jerky

220 cal ● 32g protein ● 2g fat ● 18g carbs ● 0g fiber



For single meal:

**beef jerky**  
3 oz (85g)

For all 2 meals:

**beef jerky**  
6 oz (170g)

1. This recipe has no instructions.

## Snacks 2 [↗](#)

Eat on day 3, day 4

### Cottage cheese & honey

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



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.

### Pepper strips and guacamole

200 cals ● 4g protein ● 14g fat ● 7g carbs ● 8g fiber



For single meal:

**bell pepper, sliced**  
1 1/3 medium (159g)  
**guacamole, store-bought**  
1/3 cup (82g)

For all 2 meals:

**bell pepper, sliced**  
2 2/3 medium (317g)  
**guacamole, store-bought**  
2/3 cup (165g)

1. Slice the peppers into strips and remove the seeds.
2. Spread the guacamole mixture over the sliced peppers or just use them to dip into it.

## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

### Quinoa & chia yogurt parfait

282 cals ● 17g protein ● 8g fat ● 29g carbs ● 6g fiber



For single meal:

**quinoa, uncooked**  
2 tbsp (21g)  
**chia seeds**  
2 tsp (9g)  
**lowfat flavored greek yogurt**  
1 (5.3 oz ea) container(s) (150g)

For all 3 meals:

**quinoa, uncooked**  
6 tbsp (64g)  
**chia seeds**  
2 tbsp (28g)  
**lowfat flavored greek yogurt**  
3 (5.3 oz ea) container(s) (450g)

1. Cook quinoa according to package- 2 tbsp uncooked should yield around 1/3 cup cooked. Let cool.
2. Mix together the quinoa and yogurt. Top with chia seeds.
3. Serve.
4. To make in bulk: cook quinoa all at once and store in an airtight container in the fridge. Mix with yogurt and chia seeds when serving.

## Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
2 tbsp, shelled (13g)

For all 3 meals:

**walnuts**  
6 tbsp, shelled (38g)

1. This recipe has no instructions.



## Dinner 1 [↗](#)

Eat on day 1, day 2

### Kefir

300 cal ● 16g protein ● 4g fat ● 49g carbs ● 0g fiber



For single meal:

**kefir, flavored**  
2 cup (480mL)

For all 2 meals:

**kefir, flavored**  
4 cup (960mL)

1. Pour into a glass and drink.

### Avocado, apple, chicken salad

687 cal ● 51g protein ● 41g fat ● 17g carbs ● 12g fiber



For single meal:

**avocados, chopped**  
5/8 avocado(s) (126g)  
**apples, finely chopped**  
5/8 medium (3" dia) (114g)  
**raw celery**  
2 1/2 tbsp chopped (16g)  
**olive oil**  
1 1/4 tbsp (19mL)  
**garlic powder**  
1/3 tsp (1g)  
**salt**  
1 1/4 dash (1g)  
**black pepper**  
1 1/4 dash, ground (0g)  
**lime juice**  
1 1/4 tsp (6mL)  
**boneless skinless chicken breast, raw, cubed**  
1/2 lbs (213g)

For all 2 meals:

**avocados, chopped**  
1 1/4 avocado(s) (251g)  
**apples, finely chopped**  
1 1/4 medium (3" dia) (228g)  
**raw celery**  
5 tbsp chopped (32g)  
**olive oil**  
2 1/2 tbsp (38mL)  
**garlic powder**  
5 dash (2g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**lime juice**  
2 1/2 tsp (13mL)  
**boneless skinless chicken breast, raw, cubed**  
15 oz (425g)

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 2 [↗](#)

Eat on day 3, day 4

### Turkey-mixed veggies-quinoa bowl

914 cals ● 70g protein ● 31g fat ● 75g carbs ● 15g fiber



For single meal:

**olive oil**

1 tsp (6mL)

**ground turkey, raw**

9 1/3 oz (265g)

**salt**

1/4 tsp (2g)

**black pepper**

1/4 tsp, ground (1g)

**flavored quinoa mix**

5/8 package (4.9 oz) (81g)

**frozen mixed veggies**

5/8 package (16 oz ea) (265g)

For all 2 meals:

**olive oil**

3/4 tbsp (12mL)

**ground turkey, raw**

18 2/3 oz (529g)

**salt**

1/2 tsp (3g)

**black pepper**

1/2 tsp, ground (1g)

**flavored quinoa mix**

1 1/6 package (4.9 oz) (162g)

**frozen mixed veggies**

1 1/6 package (16 oz ea) (529g)

1. Heat the oil in a skillet over medium heat. Add the turkey, break it up and brown it, stirring occasionally, until it's fully cooked. Season with salt and pepper to taste.
2. Meanwhile, prepare the quinoa mix and mixed veggies according to the instructions on the package.
3. When everything is ready mix it all together (or keep separate) 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 2 meals:

**whole milk**

1 cup (240mL)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 5, day 6

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

**fruit juice**  
8 fl oz (240mL)

For all 2 meals:

**fruit juice**  
16 fl oz (480mL)

- 1. This recipe has no instructions.

Spanish chicken & rice

801 cals ● 85g protein ● 21g fat ● 63g carbs ● 5g fiber





For single meal:

**water**  
1/2 cup(s) (133mL)  
**oil, divided**  
1/2 tbsp (8mL)  
**garlic powder, divided**  
1/4 tbsp (2g)  
**ground cumin, divided**  
1/2 tbsp (3g)  
**chili powder, divided**  
3/4 tbsp (6g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**sour cream**  
1 1/2 tbsp (18g)  
**long-grain white rice**  
6 tbsp (69g)  
**lime juice**  
1/2 tbsp (8mL)  
**jalapeno pepper, chopped & divided**  
3/4 pepper (11g)  
**garlic, minced**  
1 1/2 clove (5g)  
**tomatoes, chopped**  
3/4 roma tomato (60g)

For all 2 meals:

**water**  
1 cup(s) (267mL)  
**oil, divided**  
1 tbsp (15mL)  
**garlic powder, divided**  
1/2 tbsp (5g)  
**ground cumin, divided**  
1 tbsp (6g)  
**chili powder, divided**  
1 1/2 tbsp (12g)  
**boneless skinless chicken breast, raw**  
1 1/2 lbs (680g)  
**sour cream**  
3 tbsp (36g)  
**long-grain white rice**  
3/4 cup (139g)  
**lime juice**  
1 tbsp (15mL)  
**jalapeno pepper, chopped & divided**  
1 1/2 pepper (21g)  
**garlic, minced**  
3 clove (9g)  
**tomatoes, chopped**  
1 1/2 roma tomato (120g)

1. In a small bowl, make the sauce by mixing together the sour cream, lime juice, half of the chopped jalapeno, and some salt. Add a splash water if necessary to thin it out so that it can be drizzled. Set aside.
  2. Heat half of the oil in a pot over medium heat. Add garlic and half of the spices, stir, and cook until fragrant, about 1 minute.
  3. Add rice and water to the pot with some salt. Bring to a simmer, cover, and reduce heat to low. Cook until rice is tender, about 15-20 minutes (check the rice package for what time they recommend). Set aside when done.
  4. Season chicken on all sides with remaining spices and some salt.
  5. Heat remaining oil in a skillet over medium heat. Add chicken and cook until browned and cooked through, about 3-5 minutes per side. Set aside to rest.
  6. Stir tomatoes and remaining jalapeno into the rice.
  7. Spoon rice onto a dish and top with chicken. Drizzle sour cream sauce on top and serve.
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## Dinner 4 [🔗](#)

Eat on day 7

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### Roasted almonds

1/3 cup(s) - 296 cals ● 10g protein ● 24g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

#### **almonds**

1/3 cup, whole (48g)

1. This recipe has no instructions.

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### Buffalo chicken salad

593 cals ● 75g protein ● 27g fat ● 9g carbs ● 2g fiber



#### **mayonnaise**

2 tbsp (28mL)

#### **onion, chopped**

5 tbsp, chopped (50g)

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

1/4 cup (56mL)

#### **nonfat greek yogurt, plain**

5 tbsp (88g)

#### **raw celery, chopped**

1 1/4 stalk, small (5" long) (21g)

#### **boneless skinless chicken breast, raw**

10 oz (284g)

#### **mixed greens**

1 1/4 cup (38g)

1. Add whole chicken breasts to a saucepan and cover with water. Bring to a boil and cook for 10-15 minutes or until chicken is no longer pink inside. Transfer chicken to a plate and set aside to cool.
2. Once chicken is cool enough to handle, shred with two forks.
3. Mix the shredded chicken, celery, onion, greek yogurt, mayonnaise, and hot sauce together in a bowl.
4. Serve buffalo chicken on a bed of greens and enjoy.
5. Meal Prep Note: Store buffalo chicken mixture in the fridge in an airtight container, separate from the greens. Bring together when ready to serve.