

# Meal Plan - 3300 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

3412 cals ● 277g protein (32%) ● 189g fat (50%) ● 97g carbs (11%) ● 54g fiber (6%)

### Breakfast

555 cals, 26g protein, 4g net carbs, 44g fat



**Bacon avocado "toast"**  
3 slices- 414 cals



**Boiled eggs**  
2 egg(s)- 139 cals

### Snacks

400 cals, 26g protein, 33g net carbs, 15g fat



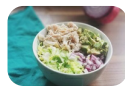
**Toast with butter**  
1 slice(s)- 114 cals



**Blackberry & granola parfait**  
287 cals

### Lunch

1260 cals, 114g protein, 42g net carbs, 61g fat



**Chicken avocado salad**  
1001 cals



**Cottage cheese & fruit cup**  
2 container- 261 cals

### Dinner

1195 cals, 111g protein, 18g net carbs, 69g fat



**Rotisserie chicken**  
16 oz- 952 cals



**Simple salad with tomatoes and carrots**  
245 cals

## Day 2

3320 cals ● 258g protein (31%) ● 167g fat (45%) ● 149g carbs (18%) ● 48g fiber (6%)

### Breakfast

555 cals, 26g protein, 4g net carbs, 44g fat



**Bacon avocado "toast"**  
3 slices- 414 cals



**Boiled eggs**  
2 egg(s)- 139 cals

### Snacks

400 cals, 26g protein, 33g net carbs, 15g fat



**Toast with butter**  
1 slice(s)- 114 cals



**Blackberry & granola parfait**  
287 cals

### Lunch

1170 cals, 96g protein, 94g net carbs, 39g fat



**Protein bar**  
2 bar- 490 cals



**Turkey sandwich with mustard**  
1 1/2 sandwich(es)- 680 cals

### Dinner

1195 cals, 111g protein, 18g net carbs, 69g fat



**Rotisserie chicken**  
16 oz- 952 cals



**Simple salad with tomatoes and carrots**  
245 cals

## Day 3

3326 cals ● 221g protein (27%) ● 140g fat (38%) ● 259g carbs (31%) ● 38g fiber (5%)

### Breakfast

555 cals, 28g protein, 49g net carbs, 20g fat



Apple

1 apple(s)- 105 cals



Avocado toast

2 slice(s)- 336 cals



Tomato mushroom egg white omelet

115 cals

### Snacks

545 cals, 49g protein, 49g net carbs, 17g fat



Cottage cheese & fruit cup

2 container- 261 cals



Tuna and crackers

284 cals

### Lunch

1155 cals, 74g protein, 103g net carbs, 45g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Roasted cashews

1/2 cup(s)- 469 cals



Bbq deli chicken sandwich

2 1/2 sandwich(es)- 645 cals

### Dinner

1070 cals, 69g protein, 58g net carbs, 58g fat



Simple sauteed spinach

249 cals



Honey mustard chicken thighs w/ skin

8 oz- 558 cals



Naan bread

1 piece(s)- 262 cals

## Day 4

3084 cals ● 234g protein (30%) ● 144g fat (42%) ● 178g carbs (23%) ● 35g fiber (5%)

### Breakfast

555 cals, 28g protein, 49g net carbs, 20g fat



Apple

1 apple(s)- 105 cals



Avocado toast

2 slice(s)- 336 cals



Tomato mushroom egg white omelet

115 cals

### Snacks

545 cals, 49g protein, 49g net carbs, 17g fat



Cottage cheese & fruit cup

2 container- 261 cals



Tuna and crackers

284 cals

### Lunch

915 cals, 88g protein, 22g net carbs, 49g fat



Easy garlic chicken

12 oz- 547 cals



Buttered broccoli

2 3/4 cup(s)- 367 cals

### Dinner

1070 cals, 69g protein, 58g net carbs, 58g fat



Simple sauteed spinach

249 cals



Honey mustard chicken thighs w/ skin

8 oz- 558 cals



Naan bread

1 piece(s)- 262 cals

## Day 5

3318 cals ● 250g protein (30%) ● 127g fat (34%) ● 255g carbs (31%) ● 40g fiber (5%)

### Breakfast

560 cals, 34g protein, 46g net carbs, 23g fat



**Banana & cottage cheese toast**  
2 toast(s)- 322 cals



**Sunflower seeds**  
240 cals

### Snacks

545 cals, 49g protein, 49g net carbs, 17g fat



**Cottage cheese & fruit cup**  
2 container- 261 cals



**Tuna and crackers**  
284 cals

### Lunch

1090 cals, 68g protein, 53g net carbs, 64g fat



**Steak and beet salad**  
937 cals



**Brown rice**  
2/3 cup brown rice, cooked- 153 cals

### Dinner

1120 cals, 99g protein, 107g net carbs, 23g fat



**Bbq chicken stuffed sweet potatoes**  
1 1/2 potato(es)- 779 cals



**Edamame & beet salad**  
342 cals

## Day 6

3339 cals ● 223g protein (27%) ● 122g fat (33%) ● 280g carbs (34%) ● 57g fiber (7%)

### Breakfast

560 cals, 34g protein, 46g net carbs, 23g fat



**Banana & cottage cheese toast**  
2 toast(s)- 322 cals



**Sunflower seeds**  
240 cals

### Snacks

465 cals, 30g protein, 48g net carbs, 12g fat



**Cherry tomatoes**  
12 cherry tomatoes- 42 cals



**Hummus toast**  
2 slice(s)- 293 cals



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

### Lunch

1190 cals, 60g protein, 78g net carbs, 64g fat



**Grilled chicken hummus wrap**  
2 wrap(s)- 683 cals



**Brussels sprout, apple & walnut side salad**  
506 cals

### Dinner

1120 cals, 99g protein, 107g net carbs, 23g fat



**Bbq chicken stuffed sweet potatoes**  
1 1/2 potato(es)- 779 cals



**Edamame & beet salad**  
342 cals

## Day 7

3278 cals ● 292g protein (36%) ● 132g fat (36%) ● 184g carbs (22%) ● 46g fiber (6%)

### Breakfast

560 cals, 34g protein, 46g net carbs, 23g fat



**Banana & cottage cheese toast**  
2 toast(s)- 322 cals



**Sunflower seeds**  
240 cals

### Snacks

465 cals, 30g protein, 48g net carbs, 12g fat



**Cherry tomatoes**  
12 cherry tomatoes- 42 cals



**Hummus toast**  
2 slice(s)- 293 cals



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

### Lunch

1190 cals, 60g protein, 78g net carbs, 64g fat



**Grilled chicken hummus wrap**  
2 wrap(s)- 683 cals



**Brussels sprout, apple & walnut side salad**  
506 cals

### Dinner

1060 cals, 169g protein, 11g net carbs, 34g fat



**Lemon pepper chicken breast**  
26 oz- 962 cals



**Simple salad with tomatoes and carrots**  
98 cals

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## Pork Products

- ☐ bacon  
6 slice(s) (60g)

## Fruits and Fruit Juices

- ☐ avocados  
3 1/2 avocado(s) (704g)
- ☐ lime juice  
4 tsp (20mL)
- ☐ blackberries  
10 tbsp (90g)
- ☐ apples  
2 1/2 medium (3" dia) (463g)
- ☐ banana  
3 extra small (less than 6" long) (243g)

## Dairy and Egg Products

- ☐ eggs  
5 large (250g)
- ☐ butter  
1/2 stick (62g)
- ☐ lowfat greek yogurt  
1 1/4 cup (350g)
- ☐ sliced cheese  
3 slice (3/4 oz ea) (63g)
- ☐ egg whites  
4 large (132g)
- ☐ low fat cottage cheese (1% milkfat)  
2 cup (452g)
- ☐ feta cheese  
1/2 cup (75g)

## Fats and Oils

- ☐ oil  
1 oz (34mL)
- ☐ salad dressing  
1/2 cup (128mL)
- ☐ olive oil  
6 1/3 tbsp (95mL)
- ☐ balsamic vinaigrette  
4 tbsp (60mL)

## Vegetables and Vegetable Products

- ☐ onion  
2 tbsp chopped (20g)
- ☐ brussels sprouts  
16 oz (454g)

## Other

- ☐ cottage cheese & fruit cup  
10 container (1700g)
- ☐ rotisserie chicken, cooked  
2 lbs (907g)
- ☐ protein bar (20g protein)  
2 bar (100g)
- ☐ coleslaw mix  
13 1/4 tbsp (75g)
- ☐ mixed greens  
8 cup (240g)

## Baked Products

- ☐ bread  
1 1/2 lbs (688g)
- ☐ naan bread  
2 piece (180g)
- ☐ crackers  
30 crackers (105g)
- ☐ bread crumbs  
4 tbsp (27g)
- ☐ flour tortillas  
4 tortilla (approx 7-8" dia) (196g)

## Breakfast Cereals

- ☐ granola  
10 tbsp (56g)

## Spices and Herbs

- ☐ dijon mustard  
1/2 tbsp (8g)
- ☐ black pepper  
2 1/2 g (3g)
- ☐ salt  
1/4 oz (7g)
- ☐ brown deli mustard  
1 1/2 tbsp (23g)
- ☐ thyme, dried  
1 tsp, ground (1g)
- ☐ cinnamon  
1/4 tbsp (2g)
- ☐ apple cider vinegar  
1 tbsp (15g)
- ☐ lemon pepper  
5 tsp (11g)

## Sausages and Luncheon Meats

- ☐ tomatoes  
9 medium whole (2-3/5" dia) (1132g)
- ☐ carrots  
1 1/2 medium (92g)
- ☐ romaine lettuce  
2 1/2 head (1509g)
- ☐ garlic  
5 1/2 clove(s) (17g)
- ☐ fresh spinach  
20 cup(s) (600g)
- ☐ mushrooms  
1/3 cup, pieces or slices (23g)
- ☐ frozen broccoli  
2 3/4 cup (250g)
- ☐ beets, precooked (canned or refrigerated)  
10 beets (2" dia, sphere) (500g)
- ☐ broccoli  
1 cup chopped (91g)
- ☐ sweet potatoes  
3 sweetpotato, 5" long (630g)
- ☐ edamame, frozen, shelled  
2 cup (236g)
- ☐ cucumber  
1 cup slices (104g)

### **Poultry Products**

- ☐ boneless skinless chicken breast, raw  
5 1/4 lbs (2364g)
- ☐ chicken thighs, with bone and skin, raw  
1 lbs (454g)

- ☐ turkey cold cuts  
6 oz (170g)
- ☐ chicken cold cuts  
10 oz (284g)

### **Sweets**

- ☐ honey  
1 tbsp (21g)
- ☐ maple syrup  
4 tsp (20mL)

### **Nut and Seed Products**

- ☐ roasted cashews  
1/2 cup, halves and whole (77g)
- ☐ sunflower kernels  
4 oz (113g)
- ☐ walnuts  
1/2 cup, chopped (56g)

### **Soups, Sauces, and Gravies**

- ☐ barbecue sauce  
6 1/2 fl oz (228g)

### **Finfish and Shellfish Products**

- ☐ canned tuna  
1/2 lbs (255g)

### **Beef Products**

- ☐ sirloin steak, raw  
10 oz (284g)

### **Cereal Grains and Pasta**

- ☐ brown rice  
1/4 cup (42g)

### **Beverages**

- ☐ water  
1/2 cup(s) (104mL)

### **Legumes and Legume Products**

- ☐ hummus  
1 cup (270g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Bacon avocado "toast"

3 slices - 414 cals ● 14g protein ● 34g fat ● 3g carbs ● 10g fiber



For single meal:

#### **bacon**

3 slice(s) (30g)

#### **avocados**

3/4 avocado(s) (151g)

For all 2 meals:

#### **bacon**

6 slice(s) (60g)

#### **avocados**

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

1. Cook bacon according to package.
2. Meanwhile, mash the avocado with a back of a fork.
3. When bacon is done, cut into bite-sized pieces and dollop a hefty amount of avocado on top.
4. Serve.

### Boiled eggs

2 egg(s) - 139 cals ● 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.



## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Apple

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



For single meal:

#### **apples**

1 medium (3" dia) (182g)

For all 2 meals:

#### **apples**

2 medium (3" dia) (364g)

1. This recipe has no instructions.

### Avocado toast

2 slice(s) - 336 cals ● 10g protein ● 17g fat ● 25g carbs ● 11g fiber



For single meal:

#### **bread**

2 slice (64g)

#### **avocados, ripe, sliced**

1/2 avocado(s) (101g)

For all 2 meals:

#### **bread**

4 slice (128g)

#### **avocados, ripe, sliced**

1 avocado(s) (201g)

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

### Tomato mushroom egg white omelet

115 cals ● 18g protein ● 3g fat ● 3g carbs ● 0g fiber





For single meal:

**tomatoes, chopped**

1/4 small whole (2-2/5" dia) (23g)

**mushrooms, chopped**

2 2/3 tbsp, pieces or slices (12g)

**eggs**

1/2 large (25g)

**egg whites**

2 large (66g)

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

4 tbsp (57g)

**black pepper**

1 dash, ground (0g)

For all 2 meals:

**tomatoes, chopped**

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

**mushrooms, chopped**

1/3 cup, pieces or slices (23g)

**eggs**

1 large (50g)

**egg whites**

4 large (132g)

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

1/2 cup (113g)

**black pepper**

2 dash, ground (1g)

1. Combine all of the eggs, cottage cheese, and pepper and beat with a fork.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour egg mixture into skillet, being sure it spreads evenly over the pan, and sprinkle mushroom and tomato over top.
4. Cook until eggs are opaque and set. Fold one-half of the omelet over the other.
5. Serve.

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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Banana & cottage cheese toast

2 toast(s) - 322 cals ● 23g protein ● 4g fat ● 43g carbs ● 6g fiber



For single meal:

**cinnamon**

2 dash (1g)

**banana, sliced**

1 extra small (less than 6" long) (81g)

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

1/2 cup (113g)

**bread**

2 slice (64g)

For all 3 meals:

**cinnamon**

1/4 tbsp (2g)

**banana, sliced**

3 extra small (less than 6" long) (243g)

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

1 1/2 cup (339g)

**bread**

6 slice (192g)

1. Toast bread.
2. Top toast with cottage cheese and sliced banana.
3. Sprinkle cinnamon on top and serve!

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### Sunflower seeds

240 cals ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:

**sunflower kernels**  
1 1/3 oz (38g)

For all 3 meals:

**sunflower kernels**  
4 oz (113g)

1. This recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1

Chicken avocado salad

1001 cals ● 86g protein ● 56g fat ● 16g carbs ● 21g fiber



**lime juice**  
4 tsp (20mL)  
**oil**  
4 tsp (20mL)  
**onion**  
2 tbsp chopped (20g)  
**avocados, chopped**  
1 avocado(s) (201g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**brussels sprouts**  
10 sprouts (190g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
2. Meanwhile, thinly slice the brussel sprouts, discarding the bases, and separating out the leaf layers with your fingers.
3. When done, remove chicken, let cool then shred.
4. In a bowl, combine all of the ingredients. Serve.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

**cottage cheese & fruit cup**  
2 container (340g)

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

## Lunch 2 [↗](#)

Eat on day 2

### Protein bar

2 bar - 490 cals ● 40g protein ● 10g fat ● 52g carbs ● 8g fiber



Makes 2 bar

#### **protein bar (20g protein)**

2 bar (100g)

1. This recipe has no instructions.

### Turkey sandwich with mustard

1 1/2 sandwich(es) - 680 cals ● 56g protein ● 29g fat ● 42g carbs ● 7g fiber



Makes 1 1/2 sandwich(es)

#### **dijon mustard**

1/2 tbsp (8g)

#### **romaine lettuce**

1 1/2 leaf inner (9g)

#### **tomatoes**

3 slice(s), thin/small (45g)

#### **bread**

3 slice (96g)

#### **sliced cheese**

3 slice (3/4 oz ea) (63g)

#### **turkey cold cuts**

6 oz (170g)

1. Put the turkey, cheese, lettuce, and tomato on one slice of bread.
2. Spread the mustard on the other slice of bread and place it, mustard side down, over the turkey, cheese, lettuce, and tomato.

## Lunch 3 [↗](#)

Eat on day 3

### Cherry tomatoes

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



Makes 12 cherry tomatoes

#### **tomatoes**

12 cherry tomatoes (204g)

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

### Roasted cashews

1/2 cup(s) - 469 cals ● 12g protein ● 36g fat ● 23g carbs ● 2g fiber



Makes 1/2 cup(s)

**roasted cashews**

1/2 cup, halves and whole (77g)

1. This recipe has no instructions.

**Bbq deli chicken sandwich**

2 1/2 sandwich(es) - 645 cal ● 61g protein ● 9g fat ● 74g carbs ● 7g fiber



Makes 2 1/2 sandwich(es)

**coleslaw mix**

13 1/3 tbsp (75g)

**barbecue sauce**

5 tbsp (85g)

**chicken cold cuts**

10 oz (284g)

**bread**

2 1/2 slice(s) (80g)

1. Create sandwich by spreading barbecue sauce over the half the bread and fill with chicken and coleslaw. Top with remaining bread. Serve.

**Lunch 4** [↗](#)

Eat on day 4

**Easy garlic chicken**

12 oz - 547 cal ● 80g protein ● 18g fat ● 16g carbs ● 1g fiber



Makes 12 oz

**boneless skinless chicken breast, raw**

3/4 lbs (340g)

**butter**

1 tbsp (14g)

**bread crumbs**

4 tbsp (27g)

**garlic, minced**

3 clove(s) (9g)

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.

**Buttered broccoli**



2 3/4 cup(s) - 367 cals ● 8g protein ● 32g fat ● 5g carbs ● 7g fiber



Makes 2 3/4 cup(s)

**black pepper**

1 1/2 dash (0g)

**salt**

1 1/2 dash (1g)

**frozen broccoli**

2 3/4 cup (250g)

**butter**

2 3/4 tbsp (39g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

## Lunch 5 [↗](#)

Eat on day 5

### Steak and beet salad

937 cals ● 64g protein ● 63g fat ● 22g carbs ● 6g fiber



**oil**

1 tbsp (15mL)

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

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

**salad dressing**

4 tbsp (60mL)

**broccoli**

1 cup chopped (91g)

**mixed greens**

3 cup (90g)

**sirloin steak, raw**

10 oz (284g)

1. Liberally season steak with salt and pepper. Heat oil in a skillet over medium heat. Add steak and cook a few minutes on each side until done to your liking. Set aside to rest.
2. Meanwhile, toss greens with broccoli, beets and salad dressing. Slice steak and add to the salad. Serve.

### Brown rice

2/3 cup brown rice, cooked - 153 cals ● 3g protein ● 1g fat ● 31g carbs ● 1g fiber



Makes 2/3 cup brown rice, cooked

**brown rice**

1/4 cup (42g)

**salt**

1 1/3 dash (1g)

**water**

1/2 cup(s) (105mL)

**black pepper**

1 1/3 dash, ground (0g)

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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## Lunch 6 [🔗](#)

Eat on day 6, day 7

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### Grilled chicken hummus wrap

2 wrap(s) - 683 cals ● 51g protein ● 25g fat ● 55g carbs ● 8g fiber



For single meal:

**tomatoes, chopped**

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

**feta cheese**

4 tbsp (38g)

**cucumber, chopped**

1/2 cup slices (52g)

**hummus**

4 tbsp (60g)

**mixed greens**

1/2 cup (15g)

**flour tortillas**

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

**boneless skinless chicken breast, raw**

5 oz (142g)

For all 2 meals:

**tomatoes, chopped**

4 slice(s), thin/small (60g)

**feta cheese**

1/2 cup (75g)

**cucumber, chopped**

1 cup slices (104g)

**hummus**

1/2 cup (120g)

**mixed greens**

1 cup (30g)

**flour tortillas**

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

**boneless skinless chicken breast, raw**

10 oz (284g)

1. Season chicken with a pinch of salt/pepper. Grill or pan fry chicken in a non-stick skillet until fully cooked. Once cool enough to touch, chop the chicken.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chicken. Wrap tortilla up and serve.

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### Brussels sprout, apple & walnut side salad

506 cals ● 8g protein ● 39g fat ● 23g carbs ● 8g fiber



For single meal:

**brussels sprouts, ends trimmed and discarded**

1 1/2 cup (132g)

**apples, chopped**

1/3 small (2-3/4" dia) (50g)

**walnuts**

4 tbsp, chopped (28g)

**apple cider vinegar**

1/2 tbsp (7g)

**maple syrup**

2 tsp (10mL)

**olive oil**

1 1/2 tbsp (23mL)

For all 2 meals:

**brussels sprouts, ends trimmed and discarded**

3 cup (264g)

**apples, chopped**

2/3 small (2-3/4" dia) (99g)

**walnuts**

1/2 cup, chopped (56g)

**apple cider vinegar**

1 tbsp (15g)

**maple syrup**

4 tsp (20mL)

**olive oil**

3 tbsp (45mL)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
  2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
  3. Drizzle vinaigrette over the salad and serve.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

**bread**

1 slice (32g)

**butter**

1 tsp (5g)

For all 2 meals:

**bread**

2 slice (64g)

**butter**

2 tsp (9g)

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

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### Blackberry & granola parfait

287 cals ● 22g protein ● 10g fat ● 22g carbs ● 5g fiber



For single meal:

**blackberries, roughly chopped**

5 tbsp (45g)

**lowfat greek yogurt**

10 tbsp (175g)

**granola**

5 tbsp (28g)

For all 2 meals:

**blackberries, roughly chopped**

10 tbsp (90g)

**lowfat greek yogurt**

1 1/4 cup (350g)

**granola**

10 tbsp (56g)

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.
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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

### Cottage cheese & fruit cup

2 container - 261 cal ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
2 container (340g)

For all 3 meals:

**cottage cheese & fruit cup**  
6 container (1020g)

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

### Tuna and crackers

284 cal ● 21g protein ● 12g fat ● 23g carbs ● 1g fiber



For single meal:

**canned tuna**  
3 oz (85g)  
**crackers**  
10 crackers (35g)

For all 3 meals:

**canned tuna**  
1/2 lbs (255g)  
**crackers**  
30 crackers (105g)

1. This recipe has no instructions.

## Snacks 3 [↗](#)

Eat on day 6, day 7

### 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.

### Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

**hummus**  
5 tbsp (75g)  
**bread**  
2 slice (64g)

For all 2 meals:

**hummus**  
10 tbsp (150g)  
**bread**  
4 slice (128g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

### 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 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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## Dinner 1 [🔗](#)

Eat on day 1, day 2

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### Rotisserie chicken

16 oz - 952 cals ● 101g protein ● 61g fat ● 0g carbs ● 0g fiber



For single meal:

**rotisserie chicken, cooked**  
1 lbs (454g)

For all 2 meals:

**rotisserie chicken, cooked**  
2 lbs (907g)

1. Pull chicken off of bones.
2. Serve.

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### Simple salad with tomatoes and carrots

245 cals ● 10g protein ● 8g fat ● 18g carbs ● 16g fiber



For single meal:

**salad dressing**

2 tbsp (28mL)

**tomatoes, diced**

1 1/4 medium whole (2-3/5" dia)  
(154g)

**carrots, sliced**

5/8 medium (38g)

**romaine lettuce, roughly chopped**

1 1/4 hearts (625g)

For all 2 meals:

**salad dressing**

1/4 cup (56mL)

**tomatoes, diced**

2 1/2 medium whole (2-3/5" dia)  
(308g)

**carrots, sliced**

1 1/4 medium (76g)

**romaine lettuce, roughly chopped**

2 1/2 hearts (1250g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

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## Dinner 2 [🔗](#)

Eat on day 3, day 4

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### Simple sauteed spinach

249 cal ● 9g protein ● 18g fat ● 6g carbs ● 7g fiber



For single meal:

**garlic, diced**

1 1/4 clove (4g)

**black pepper**

1/3 tsp, ground (1g)

**salt**

1/3 tsp (2g)

**olive oil**

1 1/4 tbsp (19mL)

**fresh spinach**

10 cup(s) (300g)

For all 2 meals:

**garlic, diced**

2 1/2 clove (8g)

**black pepper**

5 dash, ground (1g)

**salt**

5 dash (4g)

**olive oil**

2 1/2 tbsp (38mL)

**fresh spinach**

20 cup(s) (600g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

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### Honey mustard chicken thighs w/ skin

8 oz - 558 cal ● 52g protein ● 35g fat ● 9g carbs ● 1g fiber



For single meal:

**brown deli mustard**  
3/4 tbsp (11g)  
**honey**  
1/2 tbsp (11g)  
**thyme, dried**  
4 dash, ground (1g)  
**salt**  
1 dash (1g)  
**chicken thighs, with bone and skin, raw**  
1/2 lbs (227g)

For all 2 meals:

**brown deli mustard**  
1 1/2 tbsp (23g)  
**honey**  
1 tbsp (21g)  
**thyme, dried**  
1 tsp, ground (1g)  
**salt**  
2 dash (2g)  
**chicken thighs, with bone and skin, raw**  
1 lbs (454g)

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.

Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

**naan bread**  
1 piece (90g)

For all 2 meals:

**naan bread**  
2 piece (180g)

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

Eat on day 5, day 6

### Bbq chicken stuffed sweet potatoes

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



For single meal:

**sweet potatoes, halved**

1 1/2 sweetpotato, 5" long (315g)

**barbecue sauce**

4 tbsp (71g)

**boneless skinless chicken breast, raw**

3/4 lbs (336g)

For all 2 meals:

**sweet potatoes, halved**

3 sweetpotato, 5" long (630g)

**barbecue sauce**

1/2 cup (143g)

**boneless skinless chicken breast, raw**

1 1/2 lbs (672g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

### Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



For single meal:

**balsamic vinaigrette**

2 tbsp (30mL)

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

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

**edamame, frozen, shelled**

1 cup (118g)

**mixed greens**

2 cup (60g)

For all 2 meals:

**balsamic vinaigrette**

4 tbsp (60mL)

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

8 beets (2" dia, sphere) (400g)

**edamame, frozen, shelled**

2 cup (236g)

**mixed greens**

4 cup (120g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

## Dinner 4 [↗](#)

Eat on day 7

### Lemon pepper chicken breast

26 oz - 962 cals ● 165g protein ● 31g fat ● 4g carbs ● 3g fiber



Makes 26 oz

#### lemon pepper

5 tsp (11g)

#### olive oil

2 1/2 tsp (12mL)

#### boneless skinless chicken breast, raw

26 oz (728g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. STOVETOP
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. BAKED
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. BROILED/GRILLED
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.

### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber

**salad dressing**

3/4 tbsp (11mL)

**tomatoes, diced**

1/2 medium whole (2-3/5" dia) (62g)

**carrots, sliced**

1/4 medium (15g)

**romaine lettuce, roughly chopped**

1/2 hearts (250g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
  2. Pour dressing over when serving.
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