

Meal Plan - 1400 calorie meal plan to lose fat/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

1374 cals ● 126g protein (37%) ● 41g fat (27%) ● 109g carbs (32%) ● 16g fiber (5%)

Breakfast

305 cals, 17g protein, 22g net carbs, 16g fat



[Easy mini quiche](#)

2 quiche(s)- 192 cals



[Toast with butter](#)

1 slice(s)- 114 cals

Snacks

220 cals, 13g protein, 24g net carbs, 6g fat



[Grapes](#)

58 cals



[Cottage cheese & honey](#)

1/4 cup(s)- 62 cals



[Milk](#)

2/3 cup(s)- 99 cals

Lunch

375 cals, 41g protein, 24g net carbs, 12g fat



[Brown rice](#)

1/2 cup brown rice, cooked- 115 cals



[Rosemary chicken](#)

6 oz- 262 cals

Dinner

470 cals, 56g protein, 39g net carbs, 7g fat



[Marinated chicken breast](#)

6 oz- 212 cals



[Lentils](#)

260 cals

Day 2

1374 cals ● 126g protein (37%) ● 41g fat (27%) ● 109g carbs (32%) ● 16g fiber (5%)

Breakfast

305 cals, 17g protein, 22g net carbs, 16g fat



[Easy mini quiche](#)

2 quiche(s)- 192 cals



[Toast with butter](#)

1 slice(s)- 114 cals

Snacks

220 cals, 13g protein, 24g net carbs, 6g fat



[Grapes](#)

58 cals



[Cottage cheese & honey](#)

1/4 cup(s)- 62 cals



[Milk](#)

2/3 cup(s)- 99 cals

Lunch

375 cals, 41g protein, 24g net carbs, 12g fat



[Brown rice](#)

1/2 cup brown rice, cooked- 115 cals



[Rosemary chicken](#)

6 oz- 262 cals

Dinner

470 cals, 56g protein, 39g net carbs, 7g fat



[Marinated chicken breast](#)

6 oz- 212 cals



[Lentils](#)

260 cals

Day 3

1352 cals ● 129g protein (38%) ● 55g fat (37%) ● 70g carbs (21%) ● 15g fiber (5%)

Breakfast

305 cals, 17g protein, 22g net carbs, 16g fat



Easy mini quiche
2 quiche(s)- 192 cals



Toast with butter
1 slice(s)- 114 cals

Snacks

220 cals, 13g protein, 24g net carbs, 6g fat



Grapes
58 cals



Cottage cheese & honey
1/4 cup(s)- 62 cals



Milk
2/3 cup(s)- 99 cals

Lunch

350 cals, 48g protein, 19g net carbs, 7g fat



Hummus crusted chicken
6 oz- 234 cals



Lentils
116 cals

Dinner

475 cals, 51g protein, 5g net carbs, 26g fat



Caprese chicken
6 oz- 448 cals



Broccoli
1 cup(s)- 29 cals

Day 4

1439 cals ● 123g protein (34%) ● 61g fat (38%) ● 80g carbs (22%) ● 19g fiber (5%)

Breakfast

275 cals, 20g protein, 16g net carbs, 13g fat



Chicken breakfast sausage patty
1 patties- 99 cals



Boiled eggs
1 egg(s)- 69 cals



English bubble & squeak
1 patties- 107 cals

Snacks

200 cals, 21g protein, 20g net carbs, 3g fat



Grapefruit
1/2 grapefruit- 59 cals



Protein greek yogurt
1 container- 139 cals

Lunch

470 cals, 21g protein, 20g net carbs, 30g fat



Avocado egg salad sandwich
1/2 sandwich(es)- 281 cals



Pistachios
188 cals

Dinner

495 cals, 61g protein, 24g net carbs, 15g fat



Teriyaki chicken
8 oz- 380 cals



Easy chickpea salad
117 cals

Day 5

1442 cals ● 133g protein (37%) ● 51g fat (32%) ● 95g carbs (26%) ● 17g fiber (5%)

Breakfast

275 cals, 20g protein, 16g net carbs, 13g fat



[Chicken breakfast sausage patty](#)
1 patties- 99 cals



[Boiled eggs](#)
1 egg(s)- 69 cals



[English bubble & squeak](#)
1 patties- 107 cals

Snacks

200 cals, 21g protein, 20g net carbs, 3g fat



[Grapefruit](#)
1/2 grapefruit- 59 cals



[Protein greek yogurt](#)
1 container- 139 cals

Lunch

470 cals, 31g protein, 35g net carbs, 20g fat



[Mixed vegetables](#)
1/2 cup(s)- 49 cals



[Almond crusted tilapia](#)
4 oz- 282 cals



[Tortilla chips](#)
141 cals

Dinner

495 cals, 61g protein, 24g net carbs, 15g fat



[Teriyaki chicken](#)
8 oz- 380 cals



[Easy chickpea salad](#)
117 cals

Day 6

1425 cals ● 124g protein (35%) ● 60g fat (38%) ● 81g carbs (23%) ● 16g fiber (5%)

Breakfast

220 cals, 14g protein, 4g net carbs, 16g fat



[Pesto scrambled eggs](#)
2 eggs- 198 cals



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

Snacks

250 cals, 18g protein, 29g net carbs, 5g fat



[Breakfast cereal with protein milk](#)
248 cals

Lunch

470 cals, 31g protein, 35g net carbs, 20g fat



[Mixed vegetables](#)
1/2 cup(s)- 49 cals



[Almond crusted tilapia](#)
4 oz- 282 cals



[Tortilla chips](#)
141 cals

Dinner

485 cals, 60g protein, 13g net carbs, 19g fat



[Balsamic chicken breast](#)
8 oz- 316 cals



[Edamame & beet salad](#)
171 cals

Day 7

1402 cals ● 124g protein (35%) ● 66g fat (42%) ● 62g carbs (18%) ● 17g fiber (5%)

Breakfast

220 cals, 14g protein, 4g net carbs, 16g fat



[Pesto scrambled eggs](#)
2 eggs- 198 cals



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

Snacks

250 cals, 18g protein, 29g net carbs, 5g fat



[Breakfast cereal with protein milk](#)
248 cals

Lunch

450 cals, 31g protein, 16g net carbs, 26g fat



[Cottage cheese & honey](#)
1/4 cup(s)- 62 cals



[Avocado, apple, chicken salad](#)
275 cals



[Roasted almonds](#)
1/8 cup(s)- 111 cals

Dinner

485 cals, 60g protein, 13g net carbs, 19g fat



[Balsamic chicken breast](#)
8 oz- 316 cals



[Edamame & beet salad](#)
171 cals

Dairy and Egg Products

- ☐ eggs
9 1/2 large (475g)
- ☐ whole milk
1/4 gallon (840mL)
- ☐ swiss cheese
1/2 cup, shredded (54g)
- ☐ butter
1 tbsp (14g)
- ☐ low fat cottage cheese (1% milkfat)
1 cup (226g)
- ☐ fresh mozzarella cheese
1 1/2 oz (43g)
- ☐ nonfat greek yogurt, plain
2 tbsp (35g)

Spices and Herbs

- ☐ dry mustard powder
4 dash (1g)
- ☐ salt
4 1/2 g (5g)
- ☐ black pepper
1/8 oz (1g)
- ☐ rosemary
1/2 tbsp (2g)
- ☐ fresh basil
1 1/2 tbsp, chopped (4g)
- ☐ paprika
3/4 dash (0g)
- ☐ garlic powder
4 dash (2g)
- ☐ balsamic vinegar
1/2 tbsp (8mL)

Baked Products

- ☐ bread
6 slice (192g)

Vegetables and Vegetable Products

- ☐ onion
2/3 medium (2-1/2" dia) (73g)
- ☐ garlic
1 clove(s) (3g)
- ☐ tomatoes
3 medium whole (2-3/5" dia) (345g)
- ☐ frozen broccoli
1 cup (91g)

Sweets

- ☐ honey
4 tsp (28g)
- ☐ maple syrup
1/4 tbsp (4mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
4 1/2 lbs (2001g)
- ☐ ground chicken, raw
4 oz (113g)

Fats and Oils

- ☐ marinade sauce
6 tbsp (91mL)
- ☐ olive oil
2 tbsp (33mL)
- ☐ oil
1 oz (36mL)
- ☐ balsamic vinaigrette
3 oz (90mL)

Beverages

- ☐ water
4 1/3 cup(s) (1026mL)
- ☐ protein powder
1 scoop (1/3 cup ea) (31g)

Legumes and Legume Products

- ☐ lentils, raw
1 cup (176g)
- ☐ hummus
1 1/2 tbsp (23g)
- ☐ chickpeas, canned
1/2 can (224g)

Cereal Grains and Pasta

- ☐ brown rice
1/3 cup (63g)
- ☐ all-purpose flour
1/4 cup (28g)

Other

- ☐ italian seasoning
1 tsp (4g)

- ☐ potatoes
2 small (1-3/4" to 2-1/4" dia.) (184g)
- ☐ brussels sprouts
1 cup, shredded (50g)
- ☐ fresh parsley
1 1/2 sprigs (2g)
- ☐ frozen mixed veggies
1 cup (135g)
- ☐ beets, precooked (canned or refrigerated)
4 beets (2" dia, sphere) (200g)
- ☐ edamame, frozen, shelled
1 cup (118g)
- ☐ raw celery
1 tbsp chopped (6g)

Fruits and Fruit Juices

- ☐ grapes
3 cup (276g)
- ☐ lemon juice
1 tbsp (15mL)
- ☐ Grapefruit
1 large (approx 4-1/2" dia) (332g)
- ☐ avocados
1/2 avocado(s) (101g)
- ☐ apples
1/4 medium (3" dia) (46g)
- ☐ lime juice
1/2 tsp (3mL)

- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ teriyaki sauce
1/2 cup (120mL)
- ☐ mixed greens
2 cup (60g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
1/4 cup (56g)
- ☐ apple cider vinegar
1/2 tbsp (0mL)

Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added
4 tbsp (31g)
- ☐ almonds
2 oz (54g)

Finfish and Shellfish Products

- ☐ tilapia, raw
1/2 lbs (224g)

Snacks

- ☐ tortilla chips
2 oz (57g)

Breakfast Cereals

- ☐ breakfast cereal
2 serving (60g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Easy mini quiche

2 quiche(s) - 192 cals ● 13g protein ● 11g fat ● 10g carbs ● 1g fiber



For single meal:

eggs

2/3 large (33g)

whole milk

2 2/3 tbsp (40mL)

dry mustard powder

1 1/3 dash (0g)

swiss cheese

2 2/3 tbsp, shredded (18g)

bread

2/3 slice (21g)

onion, minced

1/6 medium (2-1/2" dia) (18g)

For all 3 meals:

eggs

2 large (100g)

whole milk

1/2 cup (120mL)

dry mustard powder

4 dash (1g)

swiss cheese

1/2 cup, shredded (54g)

bread

2 slice (64g)

onion, minced

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

1. Preheat oven to 375°F (190°C). Lightly grease the muffin tins (one for each serving).
2. Trim or cut bread into circles. Place circles in bottom of muffin tins. You can use various scraps of bread and press them together at the base of the tin in order to get the most use out of a slice. Distribute the onion and shredded cheese evenly between the muffin tins.
3. In a medium bowl, combine milk, eggs, mustard and some salt and pepper. Divide between the muffin tins. Quiches will puff up, so be sure to leave some space at the top.
4. Bake for 20 minutes, or until a toothpick inserted into the center of a quiche comes out clean.

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 3 meals:

bread

3 slice (96g)

butter

1 tbsp (14g)

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

Breakfast 2 [↗](#)

Eat on day 4, day 5

Chicken breakfast sausage patty

1 patties - 99 cal ● 10g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

ground chicken, raw

2 oz (57g)

maple syrup

3/8 tsp (2mL)

italian seasoning

1/2 dash (0g)

oil

1/4 tsp (1mL)

black pepper

1/8 gram (0g)

garlic powder

1/2 dash (0g)

For all 2 meals:

ground chicken, raw

4 oz (113g)

maple syrup

1/4 tbsp (4mL)

italian seasoning

1 dash (0g)

oil

1/2 tsp (3mL)

black pepper

1/8 gram (0g)

garlic powder

1 dash (0g)

1. Mix all of the ingredients besides the oil in a bowl with your hands until well-incorporated.
2. Form into small patties (for serving size accuracy, use the number of patties listed in the recipe details above, about 2 oz per patty).
3. Heat oil in a skillet over medium heat. Add patties and cook for 4-6 minutes on each side or until middle is no longer pink. Serve.
4. Meal Prep Note: Store leftover patties in an airtight container in the fridge. Reheat in the microwave.

Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs

1 large (50g)

For all 2 meals:

eggs

2 large (100g)

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.

English bubble & squeak

1 patties - 107 cal ● 4g protein ● 2g fat ● 14g carbs ● 3g fiber



For single meal:

potatoes, peeled & cut into chunks
 1 small (1-3/4" to 2-1/4" dia.) (92g)
nonfat greek yogurt, plain
 1 tbsp (18g)
oil
 1/2 tsp (3mL)
brussels sprouts, shredded
 1/2 cup, shredded (25g)

For all 2 meals:

potatoes, peeled & cut into chunks
 2 small (1-3/4" to 2-1/4" dia.) (184g)
nonfat greek yogurt, plain
 2 tbsp (35g)
oil
 1 tsp (5mL)
brussels sprouts, shredded
 1 cup, shredded (50g)

1. Add potatoes to a pot, cover with water, and boil for 10-15 minutes until fork-tender. Drain and mash the potatoes with a fork. Season with salt and pepper.
2. In a large bowl, mix the mash potatoes and brussels sprouts. Season generously with salt and pepper.
3. Form into patties (use number of patties listed in recipe details).
4. Heat oil in a skillet over medium heat. Press patties into the oil and leave undisturbed until browned on one side, about 2-3 minutes. Flip and cook the other side.
5. Serve with a dollop of Greek yogurt.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Pesto scrambled eggs

2 eggs - 198 cal ● 13g protein ● 15g fat ● 2g carbs ● 0g fiber



For single meal:

pesto sauce
 1 tbsp (16g)
eggs
 2 large (100g)

For all 2 meals:

pesto sauce
 2 tbsp (32g)
eggs
 4 large (200g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.

Cherry tomatoes

6 cherry tomatoes - 21 cal ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes
 6 cherry tomatoes (102g)

For all 2 meals:

tomatoes
 12 cherry tomatoes (204g)

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

Lunch 1 [🔗](#)

Eat on day 1, day 2

Brown rice

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



For single meal:

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

For all 2 meals:

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

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

Rosemary chicken

6 oz - 262 cal ● 38g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
6 oz (170g)
garlic, minced
1/2 clove(s) (2g)
salt
1/2 dash (0g)
lemon juice
1/2 tbsp (8mL)
olive oil
1/2 tbsp (8mL)
rosemary
1/4 tbsp (1g)

For all 2 meals:

boneless skinless chicken breast, raw
3/4 lbs (340g)
garlic, minced
1 clove(s) (3g)
salt
1 dash (1g)
lemon juice
1 tbsp (15mL)
olive oil
1 tbsp (15mL)
rosemary
1/2 tbsp (2g)

1. In a small bowl, whisk together the oil, lemon juice, garlic, rosemary, and salt.
 2. Put chicken in a ziplock bag and add in the oil mixture. Make sure marinade coats all sides of the chicken. Put it in the refrigerator for at least 15 minutes.
 3. Grill chicken or cook in frying pan- about 5-7 minutes per side, or until internal temperature reaches 165 F (75 C). Serve.
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Lunch 2 [🔗](#)

Eat on day 3

Hummus crusted chicken

6 oz - 234 cals ● 40g protein ● 7g fat ● 2g carbs ● 2g fiber



Makes 6 oz

paprika

3/4 dash (0g)

hummus

1 1/2 tbsp (23g)

boneless skinless chicken breast, raw

6 oz (170g)

1. Preheat oven to 450°F (230°C).
2. Pat chicken dry with paper towels and season with salt and pepper.
3. Place chicken on a lined baking sheet. Spread hummus over the top of the chicken until evenly coated. Sprinkle paprika over the hummus.
4. Bake about 15-20 minutes until the chicken is cooked through and no longer pink inside. Serve.

Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



salt

1/3 dash (0g)

water

2/3 cup(s) (158mL)

lentils, raw, rinsed

2 2/3 tbsp (32g)

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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Lunch 3 [↗](#)

Eat on day 4

Avocado egg salad sandwich

1/2 sandwich(es) - 281 cals ● 15g protein ● 16g fat ● 14g carbs ● 6g fiber



Makes 1/2 sandwich(es)

tomatoes, halved

3 tbsp cherry tomatoes (28g)

garlic powder

2 dash (1g)

avocados

1/4 avocado(s) (50g)

bread

1 slice (32g)

eggs, hard-boiled and chilled

1 1/2 large (75g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

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.

Lunch 4 [↗](#)

Eat on day 5, day 6

Mixed vegetables

1/2 cup(s) - 49 cals ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

frozen mixed veggies

1/2 cup (68g)

For all 2 meals:

frozen mixed veggies

1 cup (135g)

1. Prepare according to instructions on package.

Almond crusted tilapia

4 oz - 282 cals ● 27g protein ● 13g fat ● 11g carbs ● 2g fiber



For single meal:

tilapia, raw

4 oz (112g)

almonds

2 2/3 tbsp, slivered (18g)

all-purpose flour

1 3/4 tbsp (14g)

salt

2/3 dash (0g)

olive oil

1 tsp (5mL)

For all 2 meals:

tilapia, raw

1/2 lbs (224g)

almonds

1/3 cup, slivered (36g)

all-purpose flour

1/4 cup (28g)

salt

1 1/3 dash (1g)

olive oil

2 tsp (10mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

Tortilla chips

141 cals ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber



For single meal:

tortilla chips

1 oz (28g)

For all 2 meals:

tortilla chips

2 oz (57g)

1. This recipe has no instructions.

Lunch 5 [🔗](#)

Eat on day 7

Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



Makes 1/4 cup(s)

honey

1 tsp (7g)

low fat cottage cheese (1% milkfat)

4 tbsp (57g)

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

Avocado, apple, chicken salad

275 cals ● 20g protein ● 16g fat ● 7g carbs ● 5g fiber



avocados, chopped

1/4 avocado(s) (50g)

apples, finely chopped

1/4 medium (3" dia) (46g)

raw celery

1 tbsp chopped (6g)

olive oil

1/2 tbsp (8mL)

garlic powder

1 dash (0g)

salt

1/2 dash (0g)

black pepper

1/2 dash, ground (0g)

lime juice

1/2 tsp (3mL)

boneless skinless chicken breast, raw, cubed

3 oz (85g)

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.

Roasted almonds

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



Makes 1/8 cup(s)

almonds
2 tbsp, whole (18g)

1. This recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

grapes
1 cup (92g)

For all 3 meals:

grapes
3 cup (276g)

1. This recipe has no instructions.

Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

honey
1 tsp (7g)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)

For all 3 meals:

honey
1 tbsp (21g)
low fat cottage cheese (1% milkfat)
3/4 cup (170g)

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

Milk

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

whole milk
2/3 cup (160mL)

For all 3 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

Grapefruit

1/2 grapefruit - 59 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit
1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

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)

Protein greek yogurt

1 container - 139 cal ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

protein greek yogurt, flavored
1 container (150g)

For all 2 meals:

protein greek yogurt, flavored
2 container (300g)

1. Enjoy.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Breakfast cereal with protein milk

248 cals ● 18g protein ● 5g fat ● 29g carbs ● 3g fiber



For single meal:

whole milk

1/2 cup (120mL)

breakfast cereal

1 serving (30g)

protein powder

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

For all 2 meals:

whole milk

1 cup (240mL)

breakfast cereal

2 serving (60g)

protein powder

1 scoop (1/3 cup ea) (31g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
 2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.
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Dinner 1 [↗](#)

Eat on day 1, day 2

Marinated chicken breast

6 oz - 212 cals ● 38g protein ● 6g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

6 oz (168g)

marinade sauce

3 tbsp (45mL)

For all 2 meals:

boneless skinless chicken breast, raw

3/4 lbs (336g)

marinade sauce

6 tbsp (90mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

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.

Dinner 2 [↗](#)

Eat on day 3

Caprese chicken

6 oz - 448 cals ● 49g protein ● 26g fat ● 3g carbs ● 1g fiber



Makes 6 oz

italian seasoning

3 dash (1g)

pesto sauce

1 1/2 tbsp (24g)

oil

1/4 tbsp (4mL)

tomatoes, quartered

2 1/4 cherry tomatoes (38g)

fresh basil

1 1/2 tbsp, chopped (4g)

fresh mozzarella cheese, sliced

1 1/2 oz (43g)

boneless skinless chicken breast, raw

6 oz (168g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

frozen broccoli

1 cup (91g)

1. Prepare according to instructions on package.

Dinner 3 [🔗](#)

Eat on day 4, day 5

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.

Easy chickpea salad

117 cals ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



For single meal:

fresh parsley, chopped
3/4 sprigs (1g)
apple cider vinegar
1/4 tbsp (0mL)
balsamic vinegar
1/4 tbsp (4mL)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
onion, thinly sliced
1/8 small (9g)
chickpeas, canned, drained and rinsed
1/4 can (112g)

For all 2 meals:

fresh parsley, chopped
1 1/2 sprigs (2g)
apple cider vinegar
1/2 tbsp (0mL)
balsamic vinegar
1/2 tbsp (8mL)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
onion, thinly sliced
1/4 small (18g)
chickpeas, canned, drained and rinsed
1/2 can (224g)

1. Add all ingredients to a bowl and toss. Serve!
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Dinner 4 [↗](#)

Eat on day 6, day 7

Balsamic chicken breast

8 oz - 316 cal ● 51g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

italian seasoning

2 dash (1g)

oil

1 tsp (5mL)

balsamic vinaigrette

2 tbsp (30mL)

boneless skinless chicken breast, raw

1/2 lbs (227g)

For all 2 meals:

italian seasoning

4 dash (2g)

oil

2 tsp (10mL)

balsamic vinaigrette

4 tbsp (60mL)

boneless skinless chicken breast, raw

1 lbs (454g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

Edamame & beet salad

171 cal ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:

balsamic vinaigrette

1 tbsp (15mL)

beets, precooked (canned or refrigerated), chopped

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

edamame, frozen, shelled

1/2 cup (59g)

mixed greens

1 cup (30g)

For all 2 meals:

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)

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