

# Meal Plan - Meal plan with over 30g protein

[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

910 cals ● 43g protein (19%) ● 45g fat (45%) ● 70g carbs (31%) ● 12g fiber (5%)

### Breakfast

225 cals, 14g protein, 17g net carbs, 10g fat



**Boiled eggs**

2 egg(s)- 139 cals



**Orange**

1 orange(s)- 85 cals

### Dinner

295 cals, 17g protein, 27g net carbs, 11g fat



**Carrot sticks**

2 carrot(s)- 54 cals



**Brown rice**

1/4 cup brown rice, cooked- 57 cals



**Bbq chicken wings**

4 oz- 182 cals

### Lunch

395 cals, 13g protein, 27g net carbs, 24g fat



**Roasted tomatoes**

1/2 tomato(es)- 30 cals



**Clam chowder**

1 can(s)- 364 cals

## Day 2

1009 cals ● 56g protein (22%) ● 47g fat (42%) ● 75g carbs (30%) ● 15g fiber (6%)

### Breakfast

225 cals, 14g protein, 17g net carbs, 10g fat



**Boiled eggs**

2 egg(s)- 139 cals



**Orange**

1 orange(s)- 85 cals

### Dinner

390 cals, 30g protein, 32g net carbs, 13g fat



**Turkey-mixed veggies-quinoa bowl**

392 cals

### Lunch

395 cals, 13g protein, 27g net carbs, 24g fat



**Roasted tomatoes**

1/2 tomato(es)- 30 cals



**Clam chowder**

1 can(s)- 364 cals

## Day 3

890 cals ● 60g protein (27%) ● 30g fat (30%) ● 83g carbs (37%) ● 11g fiber (5%)

### Breakfast

235 cals, 9g protein, 30g net carbs, 8g fat



**Kale & eggs**  
95 cals



**Fruit juice**  
1/2 cup(s)- 57 cals



**Orange**  
1 orange(s)- 85 cals

### Dinner

390 cals, 30g protein, 32g net carbs, 13g fat



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

### Lunch

260 cals, 22g protein, 21g net carbs, 9g fat



**Easy garlic chicken**  
3 oz- 137 cals



**Buttery brown rice**  
125 cals

## Day 4

900 cals ● 55g protein (24%) ● 40g fat (40%) ● 70g carbs (31%) ● 9g fiber (4%)

### Breakfast

235 cals, 9g protein, 30g net carbs, 8g fat



**Kale & eggs**  
95 cals



**Fruit juice**  
1/2 cup(s)- 57 cals



**Orange**  
1 orange(s)- 85 cals

### Dinner

400 cals, 24g protein, 19g net carbs, 24g fat



**Chicken thighs and mushrooms**  
3 oz- 295 cals



**Brown rice**  
1/4 cup brown rice, cooked- 57 cals



**Mixed vegetables**  
1/2 cup(s)- 49 cals

### Lunch

260 cals, 22g protein, 21g net carbs, 9g fat



**Easy garlic chicken**  
3 oz- 137 cals



**Buttery brown rice**  
125 cals

## Day 5

919 cal ● 48g protein (21%) ● 47g fat (46%) ● 63g carbs (28%) ● 13g fiber (6%)

### Breakfast

235 cal, 9g protein, 30g net carbs, 8g fat



**Kale & eggs**

95 cal



**Fruit juice**

1/2 cup(s)- 57 cal



**Orange**

1 orange(s)- 85 cal

### Dinner

400 cal, 24g protein, 19g net carbs, 24g fat



**Chicken thighs and mushrooms**

3 oz- 295 cal



**Brown rice**

1/4 cup brown rice, cooked- 57 cal



**Mixed vegetables**

1/2 cup(s)- 49 cal

### Lunch

280 cal, 15g protein, 14g net carbs, 16g fat



**Avocado egg salad sandwich**

1/2 sandwich(es)- 281 cal

## Day 6

979 cal ● 56g protein (23%) ● 51g fat (47%) ● 55g carbs (22%) ● 18g fiber (7%)

### Breakfast

210 cal, 21g protein, 17g net carbs, 6g fat



**Toast with butter**

1/2 slice(s)- 57 cal



**Tomato mushroom egg white omelet**

115 cal



**Clementine**

1 clementine(s)- 39 cal

### Lunch

425 cal, 13g protein, 26g net carbs, 27g fat



**Roasted cashews**

1/6 cup(s)- 156 cal



**Carrot sticks**

1 carrot(s)- 27 cal



**Strawberry avocado goat cheese panini**

244 cal

### Dinner

340 cal, 23g protein, 12g net carbs, 19g fat



**Simple mixed greens and tomato salad**

113 cal



**Avocado tuna salad stuffed pepper**

1 half pepper(s)- 228 cal

# Day 7

979 cal ● 56g protein (23%) ● 51g fat (47%) ● 55g carbs (22%) ● 18g fiber (7%)

## Breakfast

210 cal, 21g protein, 17g net carbs, 6g fat



**Toast with butter**  
1/2 slice(s)- 57 cal



**Tomato mushroom egg white omelet**  
115 cal



**Clementine**  
1 clementine(s)- 39 cal

## Dinner

340 cal, 23g protein, 12g net carbs, 19g fat



**Simple mixed greens and tomato salad**  
113 cal



**Avocado tuna salad stuffed pepper**  
1 half pepper(s)- 228 cal

## Lunch

425 cal, 13g protein, 26g net carbs, 27g fat



**Roasted cashews**  
1/6 cup(s)- 156 cal



**Carrot sticks**  
1 carrot(s)- 27 cal



**Strawberry avocado goat cheese panini**  
244 cal

## Dairy and Egg Products

- eggs  
9 1/2 large (475g)
- butter  
1/3 stick (34g)
- egg whites  
4 large (132g)
- low fat cottage cheese (1% milkfat)  
1/2 cup (113g)
- goat cheese  
1 oz (28g)

## Fruits and Fruit Juices

- orange  
5 orange (770g)
- fruit juice  
12 fl oz (360mL)
- avocados  
1 1/4 avocado(s) (251g)
- lime juice  
1 tsp (5mL)
- clementines  
2 fruit (148g)
- strawberries  
4 medium (1-1/4" dia) (48g)

## Vegetables and Vegetable Products

- tomatoes  
2 1/4 medium whole (2-3/5" dia) (276g)
- carrots  
4 medium (244g)
- frozen mixed veggies  
12 3/4 oz (362g)
- kale leaves  
3/4 cup, chopped (30g)
- garlic  
1 1/2 clove(s) (5g)
- mushrooms  
5 oz (137g)
- bell pepper  
1 large (164g)
- onion  
1/4 small (18g)

## Fats and Oils

- oil  
2 1/2 tsp (13mL)

## Soups, Sauces, and Gravies

- canned clam chowder  
2 can (18.5 oz) (1038g)
- barbecue sauce  
1 tbsp (17g)

## Cereal Grains and Pasta

- brown rice  
1/2 cup (95g)

## Spices and Herbs

- salt  
5 g (5g)
- black pepper  
2 1/4 g (2g)
- garlic powder  
2 dash (1g)

## Beverages

- water  
1 1/4 cup(s) (296mL)

## Poultry Products

- chicken wings, with skin, raw  
4 oz (114g)
- ground turkey, raw  
1/2 lbs (227g)
- boneless skinless chicken breast, raw  
6 oz (170g)
- chicken thighs, with bone and skin, raw  
1 thigh (6 oz ea) (170g)

## Other

- flavored quinoa mix  
1/2 package (4.9 oz) (69g)
- mixed greens  
4 1/2 cup (135g)

## Baked Products

- bread crumbs  
2 tbsp (14g)
- bread  
4 slice (128g)

## Finfish and Shellfish Products

- olive oil  
3/4 oz (20mL)
- salad dressing  
1/4 cup (68mL)

- canned tuna  
1 can (172g)

### **Nut and Seed Products**

- roasted cashews  
6 tbsp, halves and whole (51g)
-

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)

For all 2 meals:

**eggs**  
4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

### Orange

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



For single meal:

**orange**  
1 orange (154g)

For all 2 meals:

**orange**  
2 orange (308g)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Kale & eggs

95 cal ● 7g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

**salt**  
1/2 dash (0g)  
**eggs**  
1 large (50g)  
**kale leaves**  
4 tbsp, chopped (10g)  
**oil**  
1/2 tsp (3mL)

For all 3 meals:

**salt**  
1 1/2 dash (1g)  
**eggs**  
3 large (150g)  
**kale leaves**  
3/4 cup, chopped (30g)  
**oil**  
1/2 tbsp (8mL)

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

### Fruit juice

1/2 cup(s) - 57 cal ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

**fruit juice**  
4 fl oz (120mL)

For all 3 meals:

**fruit juice**  
12 fl oz (360mL)

1. This recipe has no instructions.

### 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 3 [↗](#)

Eat on day 6, day 7

### Toast with butter

1/2 slice(s) - 57 cal ● 2g protein ● 2g fat ● 6g carbs ● 1g fiber



For single meal:

**bread**  
1/2 slice (16g)  
**butter**  
4 dash (2g)

For all 2 meals:

**bread**  
1 slice (32g)  
**butter**  
1 tsp (5g)

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

### Tomato mushroom egg white omelet

115 cal ● 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.

### Clementine

1 clementine(s) - 39 cal ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

**clementines**  
1 fruit (74g)

For all 2 meals:

**clementines**  
2 fruit (148g)

1. This recipe has no instructions.

---

## Lunch 1 [↗](#)

Eat on day 1, day 2

---

### Roasted tomatoes

1/2 tomato(es) - 30 cal ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

**tomatoes**  
1/2 small whole (2-2/5" dia) (46g)  
**oil**  
1/2 tsp (3mL)

For all 2 meals:

**tomatoes**  
1 small whole (2-2/5" dia) (91g)  
**oil**  
1 tsp (5mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

---

### Clam chowder

1 can(s) - 364 cal ● 12g protein ● 22g fat ● 25g carbs ● 4g fiber



For single meal:

**canned clam chowder**  
1 can (18.5 oz) (519g)

For all 2 meals:

**canned clam chowder**  
2 can (18.5 oz) (1038g)

1. Prepare according to instructions on package.
-

## Lunch 2 [↗](#)

Eat on day 3, day 4

---

### Easy garlic chicken

3 oz - 137 cal ● 20g protein ● 4g fat ● 4g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**

3 oz (85g)

**butter**

1/4 tbsp (4g)

**bread crumbs**

1 tbsp (7g)

**garlic, minced**

3/4 clove(s) (2g)

For all 2 meals:

**boneless skinless chicken breast, raw**

6 oz (170g)

**butter**

1/2 tbsp (7g)

**bread crumbs**

2 tbsp (14g)

**garlic, minced**

1 1/2 clove(s) (5g)

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.

---

### Buttery brown rice

125 cal ● 2g protein ● 5g fat ● 17g carbs ● 1g fiber



For single meal:

**butter**

1 tsp (5g)

**brown rice**

2 tbsp (24g)

**salt**

3/4 dash (1g)

**water**

1/4 cup(s) (59mL)

**black pepper**

3/4 dash, ground (0g)

For all 2 meals:

**butter**

3/4 tbsp (11g)

**brown rice**

4 tbsp (48g)

**salt**

1 1/2 dash (1g)

**water**

1/2 cup(s) (119mL)

**black pepper**

1 1/2 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
  2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
  3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
  4. Pour the rice into a strainer over the sink and drain for 10 seconds.
  5. Return the rice to the same pot, off the heat.
  6. Cover immediately and set aside for 10 minutes (this is the steaming part).
  7. Uncover, mix in butter, and season with salt and pepper.
-

## Lunch 3 [↗](#)

Eat on day 5

### Avocado egg salad sandwich

1/2 sandwich(es) - 281 cal ● 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)

## Lunch 4 [↗](#)

Eat on day 6, day 7

### Roasted cashews

1/6 cup(s) - 156 cal ● 4g protein ● 12g fat ● 8g carbs ● 1g fiber



For single meal:

#### roasted cashews

3 tbsp, halves and whole (26g)

For all 2 meals:

#### roasted cashews

6 tbsp, halves and whole (51g)

1. This recipe has no instructions.

## Carrot sticks

1 carrot(s) - 27 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**carrots**  
1 medium (61g)

For all 2 meals:

**carrots**  
2 medium (122g)

1. Cut carrots into strips and serve.

## Strawberry avocado goat cheese panini

244 cal ● 8g protein ● 15g fat ● 14g carbs ● 6g fiber



For single meal:

**bread**  
1 slice (32g)  
**strawberries, hulled and thinly sliced**  
2 medium (1-1/4" dia) (24g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**goat cheese**  
1/2 oz (14g)  
**butter**  
4 dash (2g)

For all 2 meals:

**bread**  
2 slice (64g)  
**strawberries, hulled and thinly sliced**  
4 medium (1-1/4" dia) (48g)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**goat cheese**  
1 oz (28g)  
**butter**  
1 tsp (5g)

1. Heat a small skillet or griddle over medium heat, and grease with baking spray.
  2. Butter 1 side of each slice of bread.
  3. Spread the goat cheese on the non-buttered side of each piece of bread.
  4. Lay the strawberries on top of the goat cheese on both pieces of bread.
  5. Place the avocado on top of the strawberries on 1 of the pieces of bread, and then place the other piece on top.
  6. Carefully place the sandwich into the skillet or griddle, and press down on the top with a spatula.
  7. Gently flip the sandwich after about 2 minutes (bottom side should be golden brown), and press down again with the spatula. Cook for another 2 minutes, until golden brown.
  8. Serve.
-

## Dinner 1 [↗](#)

Eat on day 1

---

### Carrot sticks

2 carrot(s) - 54 cal ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



Makes 2 carrot(s)

**carrots**

2 medium (122g)

1. Cut carrots into strips and serve.

---

### Brown rice

1/4 cup brown rice, cooked - 57 cal ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber



Makes 1/4 cup brown rice, cooked

**brown rice**

4 tsp (16g)

**salt**

1/2 dash (0g)

**water**

1/6 cup(s) (39mL)

**black pepper**

1/2 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.

### Bbq chicken wings

4 oz - 182 cal ● 14g protein ● 11g fat ● 7g carbs ● 0g fiber



Makes 4 oz

**barbecue sauce**

1 tbsp (17g)

**chicken wings, with skin, raw**

4 oz (114g)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper to taste.
3. Cook in oven for about 45 minutes, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
4. Optional: When the chicken is getting close to being done, add the barbeque sauce to a saucepan and heat until warmed through.
5. Take wings out of the oven when done and toss with the barbeque sauce to coat.
6. Serve.

---

## Dinner 2 [↗](#)

Eat on day 2, day 3

---

### Turkey-mixed veggies-quinoa bowl

392 cal ● 30g protein ● 13g fat ● 32g carbs ● 6g fiber



For single meal:

**olive oil**

1/2 tsp (3mL)

**ground turkey, raw**

4 oz (113g)

**salt**

1 dash (1g)

**black pepper**

1 dash, ground (0g)

**flavored quinoa mix**

1/4 package (4.9 oz) (35g)

**frozen mixed veggies**

1/4 package (16 oz ea) (113g)

For all 2 meals:

**olive oil**

1 tsp (5mL)

**ground turkey, raw**

1/2 lbs (227g)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

**flavored quinoa mix**

1/2 package (4.9 oz) (69g)

**frozen mixed veggies**

1/2 package (16 oz ea) (227g)

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.
-

## Dinner 3 [↗](#)

Eat on day 4, day 5

---

### Chicken thighs and mushrooms

3 oz - 295 cal ● 21g protein ● 23g fat ● 1g carbs ● 1g fiber



For single meal:

**olive oil**  
1/2 tbsp (8mL)  
**mushrooms, sliced 1/4 in thick**  
2 oz (57g)  
**salt**  
1/2 dash (0g)  
**water**  
1/8 cup(s) (30mL)  
**butter**  
1/4 tbsp (4g)  
**black pepper**  
1/2 dash (0g)  
**chicken thighs, with bone and skin, raw**  
1/2 thigh (6 oz ea) (85g)

For all 2 meals:

**olive oil**  
1 tbsp (15mL)  
**mushrooms, sliced 1/4 in thick**  
4 oz (113g)  
**salt**  
1 dash (0g)  
**water**  
1/4 cup(s) (59mL)  
**butter**  
1/2 tbsp (7g)  
**black pepper**  
1 dash (0g)  
**chicken thighs, with bone and skin, raw**  
1 thigh (6 oz ea) (170g)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet. Stir butter into mushroom mixture, stirring constantly until butter is completely melted and incorporated.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

---

### Brown rice

1/4 cup brown rice, cooked - 57 cal ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber





For single meal:

**brown rice**  
4 tsp (16g)  
**salt**  
1/2 dash (0g)  
**water**  
1/6 cup(s) (39mL)  
**black pepper**  
1/2 dash, ground (0g)

For all 2 meals:

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

### Mixed vegetables

1/2 cup(s) - 49 cal ● 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.

## Dinner 4 [↗](#)

Eat on day 6, day 7

### Simple mixed greens and tomato salad

113 cal ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

**salad dressing**  
2 1/4 tbsp (34mL)  
**mixed greens**  
2 1/4 cup (68g)  
**tomatoes**  
6 tbsp cherry tomatoes (56g)

For all 2 meals:

**salad dressing**  
1/4 cup (68mL)  
**mixed greens**  
4 1/2 cup (135g)  
**tomatoes**  
3/4 cup cherry tomatoes (112g)

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

### Avocado tuna salad stuffed pepper

1 half pepper(s) - 228 cal ● 20g protein ● 12g fat ● 4g carbs ● 5g fiber



For single meal:

**canned tuna, drained**

1/2 can (86g)

**avocados**

1/4 avocado(s) (50g)

**lime juice**

1/2 tsp (3mL)

**salt**

1/2 dash (0g)

**black pepper**

1/2 dash (0g)

**bell pepper**

1/2 large (82g)

**onion**

1/8 small (9g)

For all 2 meals:

**canned tuna, drained**

1 can (172g)

**avocados**

1/2 avocado(s) (101g)

**lime juice**

1 tsp (5mL)

**salt**

1 dash (0g)

**black pepper**

1 dash (0g)

**bell pepper**

1 large (164g)

**onion**

1/4 small (18g)

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