

Meal Plan - Meal plan with over 70g 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

1040 cal ● 83g protein (32%) ● 52g fat (45%) ● 49g carbs (19%) ● 11g fiber (4%)

Breakfast

205 cal, 13g protein, 11g net carbs, 11g fat



[Clementine](#)

1 clementine(s)- 39 cal



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cal



[Basic scrambled eggs](#)

2 egg(s)- 142 cal

Dinner

395 cal, 39g protein, 31g net carbs, 10g fat



[Chicken-broccoli-sweet potato bowl](#)

286 cal



[Cottage cheese & fruit cup](#)

1 container- 107 cal

Lunch

445 cal, 32g protein, 7g net carbs, 31g fat



[Philly cheesesteak lettuce wrap](#)

2 lettuce wrap(s)- 445 cal

Day 2

1010 cal ● 75g protein (30%) ● 45g fat (40%) ● 64g carbs (25%) ● 12g fiber (5%)

Breakfast

205 cal, 13g protein, 11g net carbs, 11g fat



[Clementine](#)

1 clementine(s)- 39 cal



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cal



[Basic scrambled eggs](#)

2 egg(s)- 142 cal

Dinner

365 cal, 34g protein, 12g net carbs, 19g fat



[Pesto chicken & quinoa stuffed peppers](#)

2 half pepper(s)- 367 cal

Lunch

440 cal, 28g protein, 40g net carbs, 15g fat



[Grilled cheese with mushrooms](#)

162 cal



[Lowfat Greek yogurt](#)

1 container(s)- 155 cal



[Chunky canned soup \(non-creamy\)](#)

1/2 can(s)- 124 cal

Day 3

992 cals ● 72g protein (29%) ● 30g fat (27%) ● 96g carbs (39%) ● 12g fiber (5%)

Breakfast

155 cals, 9g protein, 7g net carbs, 10g fat



Pesto scrambled eggs
1 eggs- 99 cals



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

Dinner

445 cals, 37g protein, 42g net carbs, 11g fat



Tortilla chips
141 cals



Mexican posole soup
302 cals

Lunch

395 cals, 26g protein, 48g net carbs, 9g fat



Crackers
8 cracker(s)- 135 cals



Bbq deli chicken sandwich
1 sandwich(es)- 258 cals

Day 4

992 cals ● 72g protein (29%) ● 30g fat (27%) ● 96g carbs (39%) ● 12g fiber (5%)

Breakfast

155 cals, 9g protein, 7g net carbs, 10g fat



Pesto scrambled eggs
1 eggs- 99 cals



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

Dinner

445 cals, 37g protein, 42g net carbs, 11g fat



Tortilla chips
141 cals



Mexican posole soup
302 cals

Lunch

395 cals, 26g protein, 48g net carbs, 9g fat



Crackers
8 cracker(s)- 135 cals



Bbq deli chicken sandwich
1 sandwich(es)- 258 cals

Day 5

961 cal ● 70g protein (29%) ● 35g fat (33%) ● 75g carbs (31%) ● 16g fiber (7%)

Breakfast

235 cal, 12g protein, 14g net carbs, 11g fat



[Carrots and hummus](#)

164 cal



[Boiled eggs](#)

1 egg(s)- 69 cal

Dinner

370 cal, 33g protein, 36g net carbs, 9g fat



[Bbq chicken stuffed sweet potatoes](#)

1/2 potato(es)- 260 cal



[Milk](#)

3/4 cup(s)- 112 cal

Lunch

355 cal, 25g protein, 25g net carbs, 16g fat



[Mashed sweet potatoes with butter](#)

125 cal



[Sautéed mushrooms](#)

4 oz mushrooms- 95 cal



[Easy garlic chicken](#)

3 oz- 137 cal

Day 6

961 cal ● 70g protein (29%) ● 35g fat (33%) ● 75g carbs (31%) ● 16g fiber (7%)

Breakfast

235 cal, 12g protein, 14g net carbs, 11g fat



[Carrots and hummus](#)

164 cal



[Boiled eggs](#)

1 egg(s)- 69 cal

Dinner

370 cal, 33g protein, 36g net carbs, 9g fat



[Bbq chicken stuffed sweet potatoes](#)

1/2 potato(es)- 260 cal



[Milk](#)

3/4 cup(s)- 112 cal

Lunch

355 cal, 25g protein, 25g net carbs, 16g fat



[Mashed sweet potatoes with butter](#)

125 cal



[Sautéed mushrooms](#)

4 oz mushrooms- 95 cal



[Easy garlic chicken](#)

3 oz- 137 cal

Day 7

1000 cals ● 73g protein (29%) ● 41g fat (37%) ● 67g carbs (27%) ● 18g fiber (7%)

Breakfast

235 cals, 12g protein, 14g net carbs, 11g fat



[Carrots and hummus](#)

164 cals



[Boiled eggs](#)

1 egg(s)- 69 cals

Dinner

335 cals, 39g protein, 8g net carbs, 15g fat



[Chicken beet & carrot salad bowl](#)

337 cals

Lunch

430 cals, 22g protein, 45g net carbs, 15g fat



[Chicken club sandwich](#)

1/2 sandwich(es)- 273 cals



[Clementine](#)

4 clementine(s)- 156 cals

Fats and Oils

- oil
1 1/3 oz (41mL)
- olive oil
1/4 oz (9mL)
- mayonnaise
1/2 tbsp (8mL)

Other

- italian seasoning
2 dash (1g)
- cottage cheese & fruit cup
1 container (133g)
- coleslaw mix
2/3 cup (60g)
- stewed tomatoes with peppers and spices
2/3 can (~15 oz) (280g)

Dairy and Egg Products

- provolone cheese
1 slice(s) (28g)
- eggs
9 2/3 medium (426g)
- mozzarella cheese, shredded
4 tbsp (22g)
- sliced cheese
1 1/2 slice (3/4 oz) (32g)
- lowfat flavored greek yogurt
1 (5.3 oz) container(s) (150g)
- butter
1/6 stick (21g)
- whole milk
1 1/2 cup (360mL)

Vegetables and Vegetable Products

- onion
1/2 medium (2-1/2" dia) (55g)
- bell pepper
1 1/6 large (193g)
- romaine lettuce
2 1/2 leaf inner (15g)
- frozen broccoli
1/4 package (71g)
- sweet potatoes
2 1/2 sweetpotato, 5" long (525g)
- tomatoes
1 3/4 medium whole (2-3/5" dia) (219g)

Beef Products

- sirloin steak, raw
4 oz (113g)

Spices and Herbs

- paprika
2 dash (1g)
- salt
2 dash (2g)
- black pepper
2 dash, ground (1g)
- thyme, dried
1/8 oz (1g)
- chipotle seasoning
1/2 tbsp (3g)

Poultry Products

- boneless skinless chicken breast, raw
1 3/4 lbs (788g)

Fruits and Fruit Juices

- clementines
6 fruit (444g)

Soups, Sauces, and Gravies

- pesto sauce
1 1/2 oz (46g)
- chunky canned soup (non-creamy varieties)
1/2 can (~19 oz) (263g)
- barbecue sauce
3 1/4 fl oz (116g)
- apple cider vinegar
3/8 tsp (0mL)

Cereal Grains and Pasta

- quinoa, uncooked
1 tbsp (9g)
- white hominy
2/3 can (15.5 oz) (293g)

Baked Products

- bread
1/3 lbs (160g)
- crackers
16 crackers (56g)

mushrooms
1/2 lbs (244g)

baby carrots
48 medium (480g)

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

carrots
3/8 medium (23g)

beets, precooked (canned or refrigerated)
3 oz (85g)

bread crumbs
2 tbsp (14g)

Sausages and Luncheon Meats

chicken cold cuts
10 oz (284g)

Snacks

tortilla chips
2 oz (57g)

Beverages

water
2/3 cup(s) (159mL)

Pork Products

pork tenderloin, raw
2/3 lbs (302g)

Legumes and Legume Products

hummus
3/4 cup (180g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

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.

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.

Basic scrambled eggs

2 egg(s) - 142 cal ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 medium (88g)

For all 2 meals:

oil
1 tsp (5mL)
eggs
4 medium (176g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Pesto scrambled eggs

1 eggs - 99 cal ● 7g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

pesto sauce
1/2 tbsp (8g)
eggs
1 large (50g)

For all 2 meals:

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

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.

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.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Carrots and hummus

164 cals ● 6g protein ● 6g fat ● 14g carbs ● 8g fiber



For single meal:

hummus
4 tbsp (60g)
baby carrots
16 medium (160g)

For all 3 meals:

hummus
3/4 cup (180g)
baby carrots
48 medium (480g)

1. Serve carrots with hummus.
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Boiled eggs

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



For single meal:

eggs
1 large (50g)

For all 3 meals:

eggs
3 large (150g)

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.
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Lunch 1 [↗](#)

Eat on day 1

Philly cheesesteak lettuce wrap

2 lettuce wrap(s) - 445 cal ● 32g protein ● 31g fat ● 7g carbs ● 2g fiber



Makes 2 lettuce wrap(s)

oil

2 tsp (10mL)

italian seasoning

2 dash (1g)

provolone cheese

1 slice(s) (28g)

onion, sliced

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

bell pepper, cut into strips

1 small (74g)

sirloin steak, raw, cut into strips

4 oz (113g)

romaine lettuce

2 leaf inner (12g)

1. Heat oil in a skillet over medium heat. Add in beef and cook until browned and fully cooked, about 5-10 minutes. Remove beef from skillet and set aside.
2. Add onions and peppers to the skillet with any remaining beef juices and fry until vegetables are tender, about 10 minutes.
3. Drain any remaining liquid and add the beef back to the pan. Add the cheese and stir until cheese has melted throughout. Season with italian seasoning and salt/pepper to taste.
4. Scoop beef mixture into lettuce leaves and serve.

Lunch 2 [↗](#)

Eat on day 2

Grilled cheese with mushrooms

162 cal ● 7g protein ● 8g fat ● 13g carbs ● 2g fiber



mushrooms

4 tbsp, chopped (18g)

olive oil

1/4 tbsp (4mL)

thyme, dried

4 dash, ground (1g)

bread

1 slice(s) (32g)

sliced cheese

1/2 slice (3/4 oz) (11g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

Lowfat Greek yogurt

1 container(s) - 155 cal ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber

Makes 1 container(s)



lowfat flavored greek yogurt
1 (5.3 oz) container(s) (150g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

1/2 can(s) - 124 cal ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



Makes 1/2 can(s)

chunky canned soup (non-creamy varieties)
1/2 can (~19 oz) (263g)

1. Prepare according to instructions on package.

Lunch 3 [↗](#)

Eat on day 3, day 4

Crackers

8 cracker(s) - 135 cal ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber



For single meal:

crackers
8 crackers (28g)

For all 2 meals:

crackers
16 crackers (56g)

1. Enjoy.

Bbq deli chicken sandwich

1 sandwich(es) - 258 cal ● 24g protein ● 3g fat ● 30g carbs ● 3g fiber



For single meal:

coleslaw mix
1/3 cup (30g)
barbecue sauce
2 tbsp (34g)
chicken cold cuts
4 oz (113g)
bread
1 slice(s) (32g)

For all 2 meals:

coleslaw mix
2/3 cup (60g)
barbecue sauce
4 tbsp (68g)
chicken cold cuts
1/2 lbs (227g)
bread
2 slice(s) (64g)

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 5, day 6

Mashed sweet potatoes with butter

125 cal ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

butter
1 tsp (5g)
sweet potatoes
1/2 sweetpotato, 5" long (105g)

For all 2 meals:

butter
2 tsp (9g)
sweet potatoes
1 sweetpotato, 5" long (210g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

Sauteed mushrooms

4 oz mushrooms - 95 cal ● 4g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

oil
1/2 tbsp (8mL)
mushrooms, sliced
4 oz (113g)

For all 2 meals:

oil
1 tbsp (15mL)
mushrooms, sliced
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

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.

Lunch 5 [↗](#)

Eat on day 7

Chicken club sandwich

1/2 sandwich(es) - 273 cal ● 19g protein ● 15g fat ● 14g carbs ● 2g fiber



Makes 1/2 sandwich(es)

chicken cold cuts

2 oz (57g)

sliced cheese

1 slice (3/4 oz) (21g)

mayonnaise

1/2 tbsp (8mL)

romaine lettuce

1/2 leaf inner (3g)

bread

1 slice(s) (32g)

tomatoes

1 slice(s), thin/small (15g)

1. Build the sandwich to your liking.

Clementine

4 clementine(s) - 156 cal ● 2g protein ● 0g fat ● 30g carbs ● 5g fiber



Makes 4 clementine(s)

clementines

4 fruit (296g)

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

Eat on day 1

Chicken-broccoli-sweet potato bowl

286 cal ● 29g protein ● 8g fat ● 20g carbs ● 6g fiber



frozen broccoli

1/4 package (71g)

sweet potatoes, cut into bite-sized cubes

1/2 sweetpotato, 5" long (105g)

paprika

2 dash (1g)

boneless skinless chicken breast, raw, cut into bite-sized cubes

4 oz (112g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

olive oil

1 tsp (5mL)

1. Preheat oven to 425 F (220 C)
2. In a small bowl add the olive oil, salt, pepper, and paprika. Mix until blended.
3. Take half of the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining spice mixture and coat the chicken. Spread the chicken out on another baking sheet and place in the oven with the sweet potatoes. Cook the chicken for 12-15 minutes or until done.
6. Prepare the broccoli according to the instructions on its packaging. Set aside.
7. Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



Makes 1 container

cottage cheese & fruit cup

1 container (133g)

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

Dinner 2 [↗](#)

Eat on day 2

Pesto chicken & quinoa stuffed peppers

2 half pepper(s) - 367 cal ● 34g protein ● 19g fat ● 12g carbs ● 3g fiber



Makes 2 half pepper(s)

bell pepper

1 medium (119g)

mozzarella cheese, shredded

4 tbsp (22g)

pesto sauce

1/6 jar (6.25 oz) (30g)

quinoa, uncooked

2 2/3 tsp (9g)

boneless skinless chicken breast, raw

4 oz (113g)

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. Cook quinoa according to package. Should yield about 1 cup of cooked quinoa. Set aside.
 4. Meanwhile, turn on broiler and place bell peppers under broiler for 5 minutes until skin blisters and blackens. Remove and set aside.
 5. Preheat oven to 350 F (180 C).
 6. In a medium bowl mix the quinoa, chicken, cheese, and pesto together.
 7. When peppers have cooled, cut in half and remove seeds.
 8. Fill pepper halves with chicken mixture and top with cheese.
 9. Bake for 10 minutes. Serve.
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Dinner 3 [↗](#)

Eat on day 3, day 4

Tortilla chips

141 cal ● 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.

Mexican posole soup

302 cal ● 35g protein ● 5g fat ● 24g carbs ● 6g fiber



For single meal:

water

1/3 cup(s) (79mL)

white hominy, undrained

1/3 can (15.5 oz) (146g)

pork tenderloin, raw, trimmed, cut into bite-sized pieces

1/3 lbs (151g)

chipotle seasoning

1/4 tbsp (1g)

stewed tomatoes with peppers and spices, undrained

1/3 can (~15 oz) (140g)

For all 2 meals:

water

2/3 cup(s) (158mL)

white hominy, undrained

2/3 can (15.5 oz) (293g)

pork tenderloin, raw, trimmed, cut into bite-sized pieces

2/3 lbs (302g)

chipotle seasoning

1/2 tbsp (3g)

stewed tomatoes with peppers and spices, undrained

2/3 can (~15 oz) (280g)

1. Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
 2. Sprinkle pork evenly with chipotle seasoning blend.
 3. Add pork to pan; cook 4 minutes or until browned.
 4. Stir in hominy, tomatoes, and 1 cup water. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until pork is tender. Stir in cilantro (optional).
 5. Serve.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Bbq chicken stuffed sweet potatoes

1/2 potato(es) - 260 cal ● 27g protein ● 3g fat ● 28g carbs ● 3g fiber



For single meal:

sweet potatoes, halved

1/2 sweetpotato, 5" long (105g)

barbecue sauce

4 tsp (24g)

boneless skinless chicken breast, raw

4 oz (112g)

For all 2 meals:

sweet potatoes, halved

1 sweetpotato, 5" long (210g)

barbecue sauce

2 2/3 tbsp (48g)

boneless skinless chicken breast, raw

1/2 lbs (224g)

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.

Milk

3/4 cup(s) - 112 cal ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

whole milk

3/4 cup (180mL)

For all 2 meals:

whole milk

1 1/2 cup (360mL)

1. This recipe has no instructions.
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Dinner 5 [↗](#)

Eat on day 7

Chicken beet & carrot salad bowl

337 cal ● 39g protein ● 15g fat ● 8g carbs ● 2g fiber



boneless skinless chicken breast, raw, cubed

6 oz (168g)

apple cider vinegar

3/8 tsp (0mL)

thyme, dried

1 1/2 dash, leaves (0g)

oil

3/4 tbsp (11mL)

carrots, thinly sliced

3/8 medium (23g)

beets, precooked (canned or refrigerated), cubed

3 oz (85g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
 2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.
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